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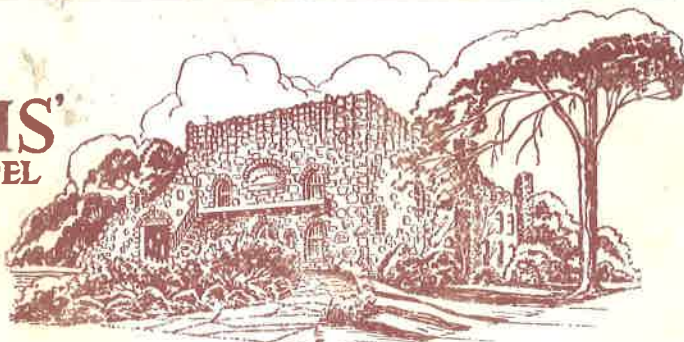
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Publishers of "Keepsake Edition" Community Cook Books

OUR FAVORITE RECIPES



PENDLETON COMMUNITY MEMORIAL HOSPITAL

WOMEN'S AUXILIARY

Pendleton, Oregon

DEDICATION

THIS BOOK IS DEDICATED TO THE MODERN HOME. IN OUR HOME TODAY, AS ALWAYS, LIFE IS CENTERED AROUND OUR KITCHENS. IT IS WITH THIS THOUGHT IN MIND THAT WE, THE SPONSORS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES. SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE OF GOOD COOKING THAT IS SO VERY STRONG IN THIS COUNTRY OF OURS.

EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE PEOPLE WHO GAVE SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECTING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE. WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN POSSIBLE.

THE RECIPES IN THIS BOOK MAY NOT HAVE BEEN LABORATORY TESTED, BUT THEIR MERIT HAS BEEN ESTABLISHED BY CHURCH AND CIVIC GROUPS AND THE MOST CRITICAL GROUP OF ALL ----- HUSBANDS!

Printed in U. S. A.
by
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615 E. 17th
Kansas City, Missouri

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PENDLETON COMMUNITY MEMORIAL HOSPITAL AUXILIARY HISTORY

Ground was broken on March 26, 1960 for the Pendleton Community Memorial Hospital.

While the drive for funds was being made, women were asked to sign membership cards, signifying interest and support of the Hospital. Over two thousand women became Charter members of the Pendleton Community Memorial Hospital Auxiliary. On October 19, 1961, these women were called together and from this group twenty one were elected to a governing board. The purpose of this Auxiliary became Public Relations, Service and Fund Raising.

On January 18, 1961, the Pendleton Community Memorial Hospital was dedicated to the citizens of Umatilla County in a ceremony at the Vert Auditorium.

The first official request from the Hospital board to the Auxiliary was to plan and officiate at the Hospital Opening, held February 17 and 18, 1962. Since then, the Auxiliary has continued to strive to meet the needs of the Hospital as expressed through its Board of Directors and its Administrator.

Hors d'Oeuvres,

Party and T. V. Snacks



If nature did not give you that
which is yours by right,
Just nibble at these dainties to
give you an appetite.



WEDDING ANNIVERSARIES

First Year	Paper
Second Year	Cotton
Third Year	Linen
Fourth Year	Silk
Fifth Year	Wood
Sixth Year	Iron
Seventh Year	Copper
Eighth Year	Bronze
Ninth Year	Pottery
Tenth Year	Tin
Fifteenth Year	Crystal
Twentieth Year	China
Twenty-Fifth Year	Silver
Thirtieth Year	Pearl
Thirty-Fifth Year	Coral
Fortieth Year	Ruby
Forty-Fifth Year	Sapphire
Fiftieth Year	Gold
Fifty-Fifth Year	Emerald
Seventy-Fifth Year	Diamond

CLAM DIP

1 (8 oz.) pkg. Philadelphia cream cheese	1 tsp. grated onion
1 dash garlic salt	1 can minced clams

Beat cream cheese until smooth. Add garlic salt, grated onion and drained clams. Add juice of clams to the mixture until you get the desired mixture. In place of clams, you may add 1 can crabmeat, 1 teaspoon Worcestershire sauce and 3 tablespoons canned milk or cream.

Stella Meiners

CLAM DUNKING SAUCE

1 can minced razor clams	2 pkg. Philadelphia cream cheese
2 Tbsp. mayonnaise	1/2 tsp. grated garlic
dash mustard and Worcestershire sauce	

Drain clams and add to other ingredients. Mix thoroughly. Add clam liquor until sauce is of right consistency for dunking. Serve surrounded by potato chips or toasted crackers.

Mildred Crow

ZIPPY HOT APPETIZERS

1 (10 oz.) pkg. brown-and-serve sausages	1/4 c. white vinegar
1/2 c. brown sugar	1 (10 oz.) can pineapple chunks, drained
1/2 tsp. salt	1/2 c. water, plus 1 cup pineapple juice
1 Tbsp. cornstarch	1/2 c. maraschino cherries

Cut sausages into thirds. Brown in skillet. Mix sugar, salt, cornstarch, vinegar and liquid. Boil 5 minutes. Add sausages, pineapple and cherries. Serve warm, with picks.

Mrs. Ellis Wyland

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK



Relishes,

JELLIES,

Everytime a jar is opened,
for my family's repast,
I shall serve, quite as an extra,
memories of the summer past.

Pickles

CANNING

When making jelly and jam hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Add two tablespoons vinegar when canning strawberries, this will retain the red color of the berries.

You can make jelly much clearer and more attractive looking by straining the fruit and juice through a flour sifter. It saves a lot of time and effort too.

To prevent jam from burning, rub the bottom of preserving pan with a little oil. It prevents burning.

To keep dill pickles crisp, add a teaspoon of alum to the liquid when pickles are canned.

Use only sack salt for pickles and kraut because other salt has been treated, thus will soften, discolor, and give unpleasant taste.

To keep pickles from shriveling add one heaping tablespoon of alum to first salt water.

How To Prevent Mold in Jelly: If circles of tissue paper the size of the tops of jelly glasses are dipped in vinegar and placed on top of jelly or jam they will not mold.

Do not peel pears for canning, scald as you do tomatoes and the skins will slip off.

If you wash strawberries thoroughly before stemming there will be no waste and your berries will stay firm.

When canning tomatoes, put onions and peppers in with them. This is grand with rice or macaroni and it is all ready to use.

When preparing pears or peaches for canning add a teaspoon salt to the water in which they stand to prevent them from turning brown.

New Preserving Method: If you are interested in "extra-special" preserves, freeze the fresh fruit in season and make it into preserves as you need it. Laboratory tests at the Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

RELISHES, JELLIES, PICKLES

MUSTARD PICKLES

1 Tbsp. salt	pinch of alum
2 level Tbsp. dry mustard	vinegar
3 level Tbsp. sugar	cooled, boiled water

Pack cucumbers in a quart jar. Fill jar 1/2 full with vinegar and above ingredients. Fill remainder of jar with the water. Seal. These are ready for eating in a week.

Lucy Scroggin

LIME PICKLES

2 c. slack lime	2 gal. water
5 qt. medium cucumbers, sliced thin	

Soak 24 hours, drain, wash and cover with:

2 qt. vinegar	1 tsp. celery seed
8 c. sugar	1 Tbsp. mixed spices
2 Tbsp. salt	

Let stand 24 hours. Move to stove and boil 20 minutes. Seal. These are exceptionally crisp and sweet.

Mrs. Bennie Lee Tolar

BEST CRISP PICKLES

4 qt. sliced cucumbers, medium size	1/3 c. coarse-medium salt
6 medium white onions, sliced	3 c. distilled white vinegar
3 cloves garlic	5 c. sugar
1 green pepper	1 1/2 tsp. celery seed
1 red sweet pepper	2 Tbsp. mustard seed
	1 1/2 tsp. turmeric

Slice cucumbers thin, add sliced onions, garlic and the pepper cut in narrow strips. Add salt, cover with cracked ice, mix thoroughly. Let stand 3 hours, drain. Combine remaining ingredients, pour over cucumber mixture. Heat to boiling, seal in sterilized jars. Makes 8 pints.

Mrs. Cornelius Steck

BREAD & BUTTER PICKLES

4 qt. thinly sliced, firm cucumbers	2 seeded green peppers
	8 peeled small white onions

BREAD & BUTTER PICKLES (Continued)

1/2 c. coarse salt
cracked ice
5 c. cider vinegar
5 c. sugar

1 1/2 tsp. turmeric
1/2 tsp. ground cloves
2 Tbsp. mustard seed
2 tsp. celery seed

Wash cucumbers and slice very thin. Measure, add sliced peppers and onions. Add salt, cover with cracked ice and mix well. Let stand for 3 hours. Drain. Heat vinegar mixture to boiling, add the drained vegetables and bring to a boil. Immediately pack into hot sterilized jars and seal.

Mrs. E. M. Temple

DILL PICKLES

Wash and pack cucumbers in jars, with dill in bottom, middle and top, then pour brine to fill jars and seal.

Brine:

1 pt. (scant) rock salt
2 qt. vinegar

4 qt. water

Boil and let this get cold before pouring over cucumbers.
Minnie White

PEAR CONSERVE

1 large can pineapple,
diced with juice

1 orange with peel, ground
juice of 1 orange

Put all above in large bowl. Peel and slice 4 quarts pears and add to pineapple and oranges. Stir often to keep pears from getting dark. Add 3/4 cup sugar to each cup of fruit and let stand overnight or several hours. Boil slowly for about 2 1/2 hours, stirring often. Stir in some maraschino cherries, cut up, just before done. Seal. Stir often most of the time to keep from sticking or turning dark.

Irene Rockwell

SPICED PEACHES

1 (1 lb. 13 oz.) can peaches
1 c. sugar
3/4 c. cider vinegar

1 Tbsp. whole cloves
1 Tbsp. whole allspice
2 (2 inch) cinnamon sticks

Drain juice from peach halves into kettle. Add sugar, vinegar and spices tied in a bag. Boil 10 minutes. Add peaches and

SPICED PEACHES (Continued)

cook 5 minutes or until peaches are heated through. Remove spice bag. Pack peaches in sterilized jars. Fill jars with boiling hot syrup. Seal. Makes 3 half pints. Makes luscious accompaniment for baked ham. Also makes a tasty gift for one who has everything.

Mrs. Clifford Brewer

WHOLE STRAWBERRY PRESERVES

1 qt. whole berries	4 c. sugar
1/2 c. water	

Place 2 cups sugar in large kettle. Add 1/2 cup water, boil until it spins a thread. Put quart of whole berries in syrup and 2 cups sugar. Let boil hard 15 minutes - do not stir. Place in shallow pan - set 24 hours. Seal cold.

Marie Fanshier

GREEN TOMATO RELISH

8 lb. green tomatoes	1 1/2 lb. white sugar
3 lb. onions	3 Tbsp. mustard seed
3 green peppers	4 Tbsp. salt
1 red pepper	5 c. vinegar

Grind first 4 ingredients in food chopper and let drain overnight. Next morning, add the remaining ingredients and cook for 15 minutes. Seal in jars.

Mrs. E. M. Temple

GREEN TOMATO MINCEMEAT

1 1/2 pt. chopped tart apples	1 tsp. cloves
1 pt. chopped green tomatoes	3 c. sugar
2 tsp. cinnamon	1 lb. raisins
1 tsp. salt	1/2 lb. currants
1 tsp. allspice	1/4 c. vinegar
	1 c. suet

Peel and chop apples. Mix all together. Bring to a rapid boil and simmer until thick. Pour into sterilized jars and seal.

Hila M. Timm

** EXTRA RECIPES **



SOUPS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a madcap to stir the ingredients up and mix them well together."

SALADS



QUANTITY COOKING

	25	100		25	100
Beef and veal (roasted)	10 lbs.	40 lbs.	Ham (roasted)	10 lbs.	30 lbs.
Beans, baked (canned) 1 No. 10 (dried) 2 1/4 lbs. navy beans		4 No. 10 11 lbs.	Ice Cream	3 quarts	3 gals.
Beans, string (fresh) 5 lbs. (frozen) 3 40-oz. pkgs. (canned) 1 No. 10		18 lbs. 10 40-oz. pkgs. 4 No. 10	Jam or preserves 1 1/2 pints		3 quarts
Beets (fresh) 5 lbs. (canned) 1 No. 10		20 lbs. 4 No. 10	Lettuce (large heads for salad cups) 4 heads		12 heads
Butter (in squares) 1/2 lb.		2 lbs.	Loaf sugar 1/2 lb.		2 lbs.
Cabbage (shredded for salad) 5 lbs.		20 lbs.	Meat loaf 5 lbs.		18 lbs.
Carrots (cooked) 6 lbs.		24 lbs.	Pork rib roast 10 lbs.		36 lbs.
Cocktail 3/4 gal.		3 gals.	Pork chops and veal cutlets 9 lbs.		30 lbs.
Coffee 1/2 to 3/4 lb.		2 to 2 1/2 lbs.	Peas (fresh) 18 lbs. (frozen) 3 40-oz. pkgs.		70 lbs. 10 40-oz. pkgs.
Corn (canned) 3 No. 2 (frozen) 3 40-oz. pkgs.		2 No. 10 10 40-oz. pkgs.	Potatoes (mashed) 9 lbs. (for scalloping) 7 1/2 lbs.		35 lbs. 25 lbs.
Crackers 1 1/2 lbs.		6 lbs.	Potatoes (for salad) 1/2 pk.		1/2 bu.
Cream for coffee 1 1/2 pints		6 pints	Rolls 4 doz.		16 doz.
Cream for whipping 1 pint		1/2 gal.	Salad dressing (any kind) 1 pint		2 quarts
Fowl (creamed or in salad) 8 lbs.		32 lbs.	Soup 1 1/2 gals.		6 gals.
Fowl (roasted) 16 lbs.		60 lbs.	Sweet Potatoes (canned) 1 No. 10		4 No. 10
			Sweet Potatoes (fresh, served candied) 7 lbs.		24 lbs.
			Tomatoes (scalloped) 1 No. 10		4 No. 10

SOUPS, SALADS

POTATO CHOWDER

2 c. cubed, uncooked potatoes	1 c. tomato juice (could use canned tomatoes)
1 Tbsp. chopped onion	1 tsp. salt
1 clove garlic, minced	1/4 tsp. pepper
2 Tbsp. fat	1 c. light cream
1 can cream of chicken soup	

Cook potatoes, onion, garlic in hot fat until potatoes are transparent, not tender. Add soup, tomato juice and seasonings. Cover and simmer until potatoes are tender - about 25 minutes. Add additional tomato juice if necessary. Add cream and heat. Serve at once. Serves 4.

Can be made, stored and frozen - preferably without cream.
Mrs. William Hansell

FROZEN FRUIT SALAD

1 (3 oz.) pkg. cream cheese	2 Tbsp. salad dressing (Miracle Whip)
-----------------------------	---------------------------------------

Mix until creamy.

2 Tbsp. pineapple juice	2 c. white grapes
1 can pineapple tidbits	1/2 pt. whipping cream, whipped
24 large marshmallows, quartered	1 1/2 to 2 Tbsp. sugar

Lightly grease 9 x 2 x 13 inch pan before spreading. Chill 24 hours or freeze solid.

Anna Hevel

TWENTY-FOUR HOUR SALAD

1 #2 1/2 can diced pineapple	1/2 lb. marshmallows
	1 c. cream

Cook following ingredients and mix with the above:

3 egg yolks	1 1/2 Tbsp. water
1/2 tsp. salt	1/2 Tbsp. butter
1/2 Tbsp. prepared mustard	1/2 Tbsp. sugar
2 Tbsp. lemon juice	

Cook until thick. Cool and add to whipped cream. Let stand 24 hours.
Margaret Melton

CREAM FRUIT MOLD

1 pkg. lemon flavored gelatin	1 c. drained, finely diced peaches
1 c. hot water	1/3 c. flaked coconut
1 (9 oz.) can crushed pine- apple, drained	1 c. dairy sour cream
	Coconut Snowballs
	peach slices

Coconut Snowballs:

2 (3 oz.) pkg. cream cheese	dairy sour cream
	flaked coconut

Blend cream cheese with enough dairy sour cream to barely soften. Shape into balls the size of walnuts. Roll in flaked coconut.

Dissolve gelatin in hot water. Chill until partially congealed. Fold in pineapple, peaches, coconut and sour cream. Turn into 5 cup salad mold. Chill until firm. To serve, unmold and garnish with Coconut Snowballs and peach slices. Makes 6 servings.

Mrs. Cleo Barrows

TWENTY-FOUR HOUR FRUIT SALAD

1 (13 1/2 oz.) can pineapple tidbits	1 1/2 c. small marshmallows
1 #2 1/2 can fruit cocktail	1 c. Angel Flake coconut
1 (11 oz.) can Mandarin orange segments	1/2 pt. commercial sour cream

Drain fruit thoroughly. Put in large bowl all together and mix. Put in refrigerator overnight.

Marge Markgraf

CHEESE FRUIT SALAD

1 #2 can crushed pine- apple	2 c. grated cheese, cheddartype
1 pkg. lemon or orange gelatin	1/2 c. chopped pimienta
apricot halves	1/2 c. chopped celery
1 c. heavy cream	2/3 c. chopped nuts (pecans or walnuts)
	1/2 tsp. salt
	1 tsp. lemon juice

Drain pineapple and add enough water to juice to make 2 cups. Bring to a boil. Add hot liquid to gelatin. Cool until slightly thickened. Arrange apricot halves in bottom of a 1 1/2 quart mold or individual molds. Pour a little cooled gelatin over fruit and let set. Whip cream and fold into remaining thickened

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A D V E R T I S E D

I N T H I S B O O K

CHEESE FRUIT SALAD (Continued)

gelatin. Add remaining ingredients and stir to blend. Pour into molds. Chill until firm. Unmold onto lettuce leaves or other salad greens. Serve with or without dressing.

Esther Roehlk

FRUITED CHEESE SOUFFLE SALAD

- | | |
|---------------------|----------------------------------|
| 1 c. hot water | 1/4 tsp. salt |
| 1 pkg. lime jello | 1 (3 oz.) pkg. soft cream cheese |
| 1/2 c. cold water | 1 can fruit cocktail, drained |
| 2 Tbsp. lemon juice | 1 diced banana |
| 1/2 c. mayonnaise | 1/4 c. chopped nuts |

Pour hot water over jello, stir until dissolved. Add next 4 ingredients. With hand beater, beat until well blended. Pour into ice cube tray and put into freezing unit 15 to 20 minutes until firm with soft center. Turn into mixing bowl and beat until fluffy. Mix cream cheese with fruit cocktail, fold into gelatin mixture. Fold in banana and walnuts. Pour into 1 quart mold or bowl. Chill until firm. Makes 4 to 6 servings.

Mrs. George Luciani

JELLO SALAD

Prepare one package cherry jello as directed on package and set aside to partially set. Prepare one package orange jello as directed on package and add while still warm:

- | | |
|----------------------------|--|
| 1 #2 can crushed pineapple | 2 large pkg. Philadelphia cream cheese |
| 1/2 lb. small marshmallows | 1 c. mayonnaise |
| | 1/2 pt. cream, whipped |

Mix together thoroughly. When cherry jello is slightly set, pour over orange jello mixture and chill in refrigerator until completely set.

Clara Toll

OVERNIGHT LUNCHEON SALAD

- | | |
|-------------------------------------|------------------------------|
| 1 lb. marshmallows, cut up | 1 c. Mandarin oranges |
| 1 #3 can cut and drained pineapple | 1 c. diced pears |
| 1/2 lb. cut, white grapes, seedless | 1/2 c. shredded almonds |
| | 1 bottle maraschino cherries |

OVERNIGHT LUNCHEON SALAD (Continued)

Dressing:

4 eggs	1 tsp. prepared mustard
juice of 1 lemon	1 pt. whipped cream
1/4 c. milk	

Cook dressing ingredients except cream in double boiler and cool. Mix with cream and add to salad. Put in flat pan - let set overnight. Serves 12 to 14.

Ferndale Obuch

CRANBERRY SALAD

1 pkg. cranberries	2 pkg. raspberry jello
2 c. apples, ground	1 c. crushed pineapple
2 c. sugar	1 c. chopped nuts

Grind cranberries, add ground apples and 2 cups sugar. Bring to a boil. While hot, add jello, crushed pineapple and chopped walnuts. Chill.

Mrs. Elmo Dalton
Pilot Rock, Oregon

CRANBERRY SALAD

1 pkg. raspberry jello	1 orange, peeled, broken into small pieces
1 c. boiling water	
1 can cranberry jelly	1/2 c. crushed pineapple
1/2 c. walnut meats	1/2 c. juice or water

Dissolve together jello and cranberry jelly with boiling water. Cool and add remaining ingredients. Refrigerate until set.

Mrs. George Garrett

MERRY CHERRY SALAD

1 c. drained, diced peaches	1/2 c. combined peach and pineapple juice
1 c. drained pineapple tidbits	1 Tbsp. maraschino cherry juice
1/2 c. diced maraschino cherries	1 (3 oz.) pkg. cream cheese
1 pkg. strawberry flavored gelatin	1 Tbsp. lemon juice
1 c. hot water	1/2 tsp. salt
	2 Tbsp. mayonnaise
	1/2 c. whipping cream, whipped
	1 c. miniature marshmallows
	coconut balls

MERRY CHERRY SALAD (Continued)

Drain fruits and chill - reserve juice. Dissolve gelatin in hot water. Add fruit juices and chill until partially congealed. Blend cream cheese with lemon juice, salt and mayonnaise. Fold in whipped cream. Beat chilled gelatin until light and fluffy. Pour into chilled, buttered 9 inch pie pan. Freeze until firm. Serve on crisp lettuce and garnish with coconut snowballs or additional maraschino cherries. Makes 6 servings.

Doris Booth

RHUBARB SALAD

2 1/2 c. rhubarb, cut in pieces (nice chunks)	1 c. finely chopped celery
1/2 c. water	1 c. chopped nuts
1/2 c. sugar	1 box cherry or raspberry jello

Put rhubarb, water and sugar in pan and stay right with it, until it just begins to boil, then take off stove. Add 1 cup hot water to jello to dissolve. Mix in the rhubarb and set away to thicken. When syrupy, add the chopped celery and chopped nuts.

Alma Rohrman

STRAWBERRY SALAD

2 pkg. strawberry jello	2 diced bananas
2 (10 oz.) pkg. frozen strawberries	2 c. boiling water
	1 c. sour cream
1 (13 1/2 oz.) can drained, crushed pineapple	

Dissolve jello. Add berries and stir until thawed. Add pineapple and bananas. Pour half of mixture into 8x8 inch dish. Chill until firm. Spoon sour cream over this and add rest of jello. Garnish with sour cream and one large strawberry.

Mrs. Marvin Golter

LIME-PEAR SALAD

1 pkg. lime jello	2 1/2 c. pears
1 c. boiling water	2 (8 oz.) pkg. cream cheese
1 c. juice from canned pears	1 c. pineapple chunks

Dissolve gelatin in hot water. Add pear juice - chill until jelly-like, then whip. Add sieved pears, cream cheese softened with a little cream. Beat with egg beater. Add 1/2 cup whipped cream and pineapple cut fine.

Mrs. Ray Meyersick

ORANGE SHERBET SALAD

- | | |
|-------------------------------------|-----------------------------|
| 1 can Mandarin oranges
and juice | 1 pt. orange sherbet |
| 1 pkg. orange-pineapple jello | 1 c. miniature marshmallows |

Drain juice from oranges. Add enough water to make 1 cup. Heat liquid to boiling and pour over jello - stir to dissolve. Spoon in sherbet and stir until melted. Fold in oranges and marshmallows. Pour into 1 quart mold. Chill until set. Serves 6 to 8.

Eileen Ashcraft

ORANGE SALAD

- | | |
|--|---------------------------------------|
| 1 pkg. orange jello, dissolved in 1/2 c. boiling water | 1 1/2 c. diluted, frozen orange juice |
|--|---------------------------------------|

Let stand until it starts to set. Fold in:

- | | |
|---|------------------------------|
| 1 c. cream, whipped | 14 oz. can, drained, crushed |
| 1 can Mandarin oranges | pineapple |
| as many miniature marshmallows as desired | |

Chill until set.

Mrs. Tillman Taylor

GOOSEBERRY SALAD

- | | |
|--|----------------------------|
| 1 (1 lb.) can (2 c.)
sweetened gooseberries | 2 c. orange juice |
| 2 pkg. lemon gelatin | 2 c. sliced celery |
| 1/2 c. sugar | 1/2 c. broken walnut meats |

Drain gooseberries, reserving syrup. Add water to syrup to make 1 3/4 cups. Heat to boiling, add gelatin and sugar, stirring to dissolve. Add orange juice, chill until partially set. Stir in gooseberries, celery, and walnuts. Pour into 10 x 6 x 1 1/2 inch baking dish or in individual molds. Chill until set. Serves eight.

Gladys Straughan

AVOCADO SALAD

- | | |
|---------------------------------|------------------------|
| 1 pkg. lime gelatin | 2 Tbsp. chopped onion |
| 1 c. hot water | 1/4 c. chopped walnuts |
| 1 c. mashed avocado | 2 Tbsp. mayonnaise |
| 1 c. sliced celery | 2 Tbsp. lemon juice |
| 1 Tbsp. chopped green
pepper | 1 c. whipping cream |
| | salt to taste |

AVOCADO SALAD (Continued)

Dissolve gelatin in hot water. Cool until syrupy. Add the avocado, pepper, onion and walnuts. Mix in mayonnaise and lemon juice. Whip the cream and fold in, spoon into molds or loaf pan. Chill until set. Serve on greens with mayonnaise.

Minnie White

BEET SALAD

1 pkg. strawberry jello	4 c. hot water
1 pkg. raspberry jello	1/2 c. sweet pickle juice
1 pkg. cherry jello	

Cool jello and juice then add:

1 can shredded beets, drained	1 tall can crushed pineapple, drained
----------------------------------	--

Chill until set. Serve with following dressing:

Dressing:

1 c. mayonnaise	1 c. finely chopped celery
1 c. chopped green onion (half as much with dry onion)	1 Tbsp. chopped green pepper (optional)

Mix together.

Makes a pretty salad in a ring mold - with dressing in bowl in center.

Mrs. Harry Snow

TOMATO SOUP SALAD

2 envelopes plain gelatin	1 Tbsp. lemon juice
1/2 c. water	1 c. mayonnaise
1 can Campbell's tomato soup	1/2 c. diced green pepper
2 (3 oz.) pkg. cream cheese	1/2 c. finely chopped celery
	1/4 c. minced onion

Soften gelatin in water. Heat soup in double boiler - add gelatin, stirring until it dissolves. Remove from heat, add the cream cheese. Beat with rotary egg beater until smooth; cool. Fold in lemon juice, mayonnaise and vegetables. Pour into greased pan and chill for about 4 hours. Cut into squares and serve on lettuce leaf. Garnish with parsley and 1/2 stuffed olive. Makes 10 to 12 servings.

Mrs. Bernard G. McElroy

GLORIFIED RICE JELLO SALAD

Prepare one package jello - any red kind, as raspberry or strawberry. Whip after jello has set slightly, then add:

- | | |
|--|---|
| 1/2 c. uncooked rice,
cooked and cooled | 1 small can crushed pineapple,
drained |
| 1 diced banana | 1/2 c. whipping cream, whipped |

Mix together and chill.

Lois Hale

PINEAPPLE-CABBAGE SALAD

- | | |
|--------------------------------------|-----------------------|
| 2 pkg. lemon jello | 1/2 c. pecans chopped |
| 1 #2 can crushed pineapple | 1 c. celery, chopped |
| 2 1/2 c. miniature marsh-
mallows | 1/4 c. mayonnaise |
| 1 c. cabbage chopped | 1 c. whipping cream |

Drain juice from pineapple, add enough hot water to juice to make 4 cups. Dissolve jello and marshmallows in juice and hot water. Set aside until syrupy. Whip cream, mix with chopped ingredients and stir into jello. Let set 8 hours. Serves 16.

Caroline Fleming

Mrs. Eula M. Snowberger

DUTCH CAULIFLOWER SLAW

- | | |
|--------------------------|----------------------------------|
| 1 small head cauliflower | 1 1/2 tsp. salt |
| 4 slices bacon | 1/8 tsp. Sucaryl or 1 tsp. sugar |
| 1/4 c. salad oil | 1/4 tsp. paprika |
| 1/4 c. vinegar | |

Trim and core cauliflower; slice very thin cross-wise. Saute bacon until crisp, remove, drain and crumble. To bacon drippings, add salad oil, vinegar, salt and sucaryl or sugar and paprika. Pour over cauliflower. Refrigerate 3 hours; toss often. Serve on lettuce leaf with bacon. Makes 6 servings.

Vina Hoskins

SAUERKRAUT SALAD

- | | |
|-------------------|------------|
| 1 large can kraut | 1 c. sugar |
|-------------------|------------|

Pour sugar over kraut and let set. Chop together:

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|----------------------|----------------------|
| 1 small can pimienta | 1 bunch green onions |
| 1/2 stalk celery | 1 green pepper |

SAUERKRAUT SALAD (Continued)

Put together and add small amount of Italian dressing.

Ellen Hockensmith

ROUND-UP BEAN SALAD

- | | |
|--|---|
| 1 #1 can (2 c.) cut green beans, drained | 1 medium onion, sliced and separated into rings |
| 1 #1 can (2 c.) cut yellow wax beans, drained | 1/2 to 3/4 c. sugar |
| 1 #1 can (2 c.) red kidney beans, drained | 1/2 c. salad oil |
| 1 #1 can (2 c.) shelly beans, drained (optional) | 1/2 c. wine vinegar |
| | 1/2 to 1 tsp. salt |
| | 1/4 tsp. pepper |
| 1 medium green pepper, thinly sliced in rings | |

Combine vegetables, mix remaining ingredients. Add to vegetables - toss to mix. Cover and marinate several hours or overnight, stirring several times. Before serving, stir, then drain. Serves 12.

Ada Brewer

Mrs. Lon Etter

ALA SEA FOOD SALAD

- | | |
|-------------|----------------|
| 1 c. Ala | 2 c. hot water |
| 1 tsp. salt | |

Simmer 20 minutes, covered. Drain and allow to cool. Gently stir in 1/4 cup French dressing. Allow to marinate 1 hour or longer, then add:

- | | |
|-----------------------------|--------------------------------|
| 1/2 green pepper, chopped | 1 medium tomato, cut in wedges |
| 1/2 c. green onions, sliced | 1 can shrimp, drained |
| 12 stuffed olives, sliced | 1/2 c. diced celery |

Mix all together lightly, adding 2 to 3 tablespoons mayonnaise last. Arrange on salad greens and garnish with fresh tomato wedges.

Mrs. Raphael Raymond

FISH, CHICKEN OR MEAT SALAD

- | | |
|---|---|
| 2 c. flaked cooked shrimp, crabmeat, tuna fish, or cubed chicken, turkey, ham or veal | 1 Tbsp. minced green onion, or 1 tsp. chopped onion |
| 3/4 c. mayonnaise | salt and pepper to taste |
| | 1 c. diced celery |
| | 2 Tbsp. chopped parsley or green pepper |

FISH, CHICKEN OR MEAT SALAD (Continued)

2 Tbsp. chopped sweet pickles 2 hard cooked eggs, sliced

Combine all ingredients except mayonnaise and chill. Before serving, lightly fold in 1/4 cup mayonnaise. Garnish with remaining mayonnaise. Serves 4 to 6.

Mrs. L. T. Greenc

JELLO TUNA SALAD

1 pkg. lemon jello 1/2 c. boiling water

Let set until syrupy. Mix and add to cooled jello:

1 c. mayonnaise 1 can tuna fish, drained
1/2 c. celery 1 can chicken gumbo soup
1/2 c. green onions or stuffed green olives

Refrigerate.

Bette Hart

SEA FOOD SALAD

Butter lightly each slice of one loaf of sandwich bread and cut into 16 cubes.

4 hard cooked eggs, diced 1 large onion, chopped

Mix thoroughly and refrigerate overnight. In the A.M., add,
2 cans shrimp 3/4 qt. mayonnaise (Best Foods
1 can crab or Borden's)

Salt lightly. Let stand 3 hours. Serve on lettuce, garnished with tomato and olive (I remove crusts from bread and also use 2 cans of crab).

Mrs. Francis Lieuallen

PARSNIPS MAKE MOCK CRAB SALAD

2 c. peeled raw parsnips, 1 small onion, minced fine
shred or grind 1 pimienta, chopped
1 c. diced celery 8 to 9 ripe or green olives,
chopped

Sprinkle with salt and pepper. Mix with Thousand Island dressing or mayonnaise. Chill, serve on lettuce. Let stand a while to season.

Mrs. Roger Kay

FESTIVE SHRIMP ASPIC

1 pkg. lemon jello	1/2 tsp. salt
1 pkg. gelatin	1 tsp. instant onion
4 c. tomato juice	1 can shrimp
3 Tbsp. vinegar	1 c. chopped celery
dash Worcestershire sauce	1 diced avocado (1/2 c. chopped
2 Tbsp. sugar	walnuts may be substituted
1/2 tsp. ground cloves	for avocado)

Dissolve gelatin in 1/4 cup cold tomato juice and set aside. Bring tomato juice and other ingredients to a boil and simmer for 5 minutes. Remove from heat and immediately add lemon juice and dissolved gelatin mixture. Cool until thickened. Add shrimp, celery and avocado. Pour into molds and chill until firm.

Mrs. Fred Witherell

MOLDED CRAB SALAD

1 pkg. lemon jello	4 hard cooked eggs, chopped
1/2 c. hot water	3 Tbsp. chopped green onion
2 c. mayonnaise	3 Tbsp. onion tops, chopped
1/2 can tomato sauce	1/2 c. chopped ripe olives
2 cans crab	1/2 c. chopped stuffed olives
1/2 c. chopped pimienta	dash of Tabasco sauce

Dissolve jello in hot water. Stir in mayonnaise and tomato sauce. Add crabmeat, pimienta, onion, olives, hard cooked eggs and Tabasco sauce. Pour into 2 quart mold and chill.

Mrs. Harry Main

FRENCH DRESSING

1 can tomato soup	1/2 c. salad oil
1/3 c. sugar	2 Tbsp. onion
1/2 c. vinegar	1 clove garlic, crushed

Combine and beat 5 minutes. Does not separate.

Mrs. Burke Perkins

LUSCIOUS LOUIS DRESSING

1 qt. salad dressing	1/2 c. chopped celery
1 c. chili sauce	1/2 c. chopped ripe olives
1/2 c. chopped hard cooked eggs	

Mix well and chill before serving. May be made ahead and stored in refrigerator for a day or two. Serves 8 to 10 (on crab or shrimp louis).

Beth Underwood

CELERY SEED FRUIT DRESSING

1 c. oil	1 tsp. dry mustard
1/2 c. sugar	1 tsp. paprika
4 Tbsp. vinegar	1/4 to 1/2 tsp. onion salt
1 tsp. celery seed	

Mix dry ingredients with 2 tablespoons vinegar. Let stand. Alternate oil and 2 tablespoons vinegar with other ingredients. Stir with fork.

Mrs. Bill Johns

BLUE CHEESE DRESSING

5 oz. Blue cheese, crumbled	1 small can condensed milk, heated
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Pour over:

3/4 tsp. oregano	1/2 tsp. garlic powder
1/2 tsp. celery seed	pepper
1/4 tsp. salt	

Add 1/2 pint sour cream. Mix with equal amount of mayonnaise.

Mrs. Burke Perkins

FRUIT SALAD DRESSING

1 small can pineapple juice	1 Tbsp. sugar
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Boil together and thicken with cornstarch. Remove from stove, cool, then add 1 pint vanilla ice cream.

Irene Rockwell

GOLDEN SALAD DRESSING

1/2 c. pineapple juice	1/8 tsp. salt
1/4 c. orange juice	1/3 c. sugar
2 Tbsp. lemon juice	2 rounded tsp. cornstarch
2 eggs (not really needed)	

Mix pineapple, orange and lemon juice and salt. Heat in double boiler. Beat egg yolks until thick and lemon colored, gradually adding 1/2 of the sugar. While beating constantly, add hot fruit juices. Return to double boiler and cook, stirring constantly until thick and smooth. Beat egg whites until stiff, adding remaining sugar and combine with first mixture just before

GOLDEN SALAD DRESSING (Continued)

removing from stove.

(I use cornstarch instead of eggs, then thin with whipped cream.)

Mrs. Ed Hoeft

**** EXTRA RECIPES ****

** EXTRA RECIPES **



Let's pour some happy spirit
In a great big mixing bowl
Then add a few ingredients
And lo! A Casserole!!

Casseroles

One Dish Meals



ABBREVIATIONS COMMONLY USED

tsp. - teaspoon	oz. - ounce or ounces
Tbsp. - tablespoon	lb. - pound or pounds
c. - cup	sq. - square
pt. - pint	min. - minute or minutes
qt. - quart	hr. - hour or hours
pk. - peck	mod. - moderate or moderately
bu. - bushel	doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon	2 pints (4 cups) - 1 quart
3 teaspoons - 1 tablespoon	4 quarts (liquid) - 1 gallon
16 tablespoons - 1 cup	8 quarts (solid) - 1 peck
1 cup - 1/2 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons - 1/4 cup	10 2/3 tablespoons - 2/3 cup
5 1/3 tablespoons - 1/3 cup	12 tablespoons - 3/4 cup
8 tablespoons - 1/2 cup	14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot.	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303 .	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons - 1 tablespoon	4 cups - 1 quart
4 tablespoons - 1/4 cup	2 pints - 1 quart
16 tablespoons - 1 cup	4 quarts - 1 gallon
1/2 cup - 1 gill	8 quarts - 1 peck
4 gills - 1 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

CASSEROLES, ONE DISH MEALS

PIONEER EGG NOODLES

2 eggs	1/4 tsp. baking powder
3/4 c. cream and milk	Igeheart's Upright all purpose
3/4 tsp. salt	flour

Beat eggs in a large mixer bowl. Add cream, milk, salt, baking powder and enough flour to make a very stiff dough. Roll out thin and let the big circle lay on the bread board until the outside dries - 2 to 4 hours. Roll up like a jelly roll and cut into narrow strips. If the dough is sticky, place noodles in a paper bag with some Igeheart's Upright all purpose flour and shake. Drop into boiling broth until tender - about 30 minutes. Serves 4 to 6.

Mrs. Eddie Knopp

CEREAL & CHEESE OMELET

3 eggs	1 Tbsp. melted butter
1/2 tsp. salt	1/3 c. grated cheese
1/4 tsp. pepper	1/3 c. grape-nuts
3 Tbsp. milk	1 c. stewed tomatoes, heated

Beat eggs with salt, pepper and milk. Add to melted butter in skillet and cook over low heat. As omelet cooks, shake pan and lift edges gently with spatula. When egg is almost set, sprinkle cheese and cereal on top. Loosen omelet around sides and crease across center with spatula. Fold in half and slide onto warm platter. Top with hot tomatoes. Makes 3 servings.

Marjorie DeMoss

TUNA LASAGNA

	Roberta Campbell
1 (12 oz.) can tomatoes	2 cloves garlic, crushed
2 (8 oz.) cans tomato sauce	2 Tbsp. salad oil
1/2 tsp. salt	2 (7 oz.) cans tuna fish, drained
1/4 tsp. oregano	1 stack crackers, crushed
1/4 tsp. pepper	8 oz. lasagna noodles
1 c. chopped onion	1 pt. large curd cottage cheese

In large saucepan combine tomatoes, tomato sauce, salt, oregano and pepper. Simmer while sauteing onion and garlic in salad oil until lightly browned. Add tuna and crackers. Stir into tomato mixture. Simmer 15 minutes. Meanwhile, cook noodles as directed. Spread small amount of sauce in bottom of 12x8x2 inch casserole dish. Layer noodles, sauce and cheese, ending with cheese. Bake in moderate 350 degree oven 20 minutes. Serves 8 to 10.

TUNA & NOODLES CASSEROLE

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|--------------------------------|---|
| 3 Tbsp. butter or margarine | 4 c. cooked noodles |
| 1 1/2 c. milk | 3 Tbsp. Igleheart's Upright all purpose flour |
| 1/8 tsp. pepper | 1/2 tsp. salt |
| 1 c. coarsely sliced mushrooms | 1 (7 oz.) can tuna fish |
| 1/3 c. chopped ripe olives | 1 c. finely diced or grated American cheese |
| 1/3 c. chopped green pepper | 3 hard cooked eggs |

Make white sauce: Melt butter or margarine, blend in flour, add milk gradually. Cook until thick, about 10 minutes, stirring constantly. Add salt and pepper. Add drained, flaked tuna, mushrooms, cheese, olives, pepper, chopped eggs and noodles. Place in well greased 2 1/2 quart casserole or baking dish. Bake in moderate 350 degree oven about 30 minutes or until slightly browned.

Mrs. Harold Beldin

CARNATION'S TUNA-OLIVE-MACARONI LOAF

- | | |
|--|---|
| 4 eggs | 4 to 4 1/2 c. (8 oz. pkg) cooked macaroni |
| 1/2 c. Spanish green olives | 2 1/2 c. Carnation 3-Minute Cheese Sauce |
| 2 Tbsp. grated onion | 1/4 c. melted butter |
| 2 c. (two 6 1/2 to 7 oz. cans) drained tuna fish | |
| 1 c. soft bread crumbs | |

Beat eggs slightly. Add olives, onion, tuna and bread crumbs. Combine egg mixture with macaroni, Carnation Cheese Sauce and butter. Line bottom of loaf pan with aluminum foil. Butter foil. Turn macaroni mixture into pan. Bake in moderate 350 degree oven 50 to 60 minutes.

Carnation 3-Minute Cheese Sauce:

- | | |
|--|---------------------|
| 1 2/3 c. (large can) undiluted Carnation evaporated milk | 1/2 tsp. salt |
| | 1 tsp. dry mustard |
| | 1 Tbsp. horseradish |

Simmer above ingredients in saucepan over low heat about 2 minutes. Add 2 cups (8 ounces) grated process American cheese. Stir over low heat until cheese melts (1 minute longer). Add to macaroni mixture in recipe.

Mrs. Cleo Barrows

CASSEROLE OF SALMON WITH NOODLES

- | | |
|-----------------------------|--------------------------------|
| 3 c. cooked noodles | 1 1/2 c. peas |
| 3 Tbsp. butter | 1/4 c. pimentos, chopped or |
| 3 Tbsp. Igleheart's Upright | small can mushrooms |
| all purpose flour | 1 can red salmon or tuna fish, |
| 1 tsp. salt | flaked |
| 1/4 tsp. pepper | 3 Tbsp. buttered crumbs |
| 1/2 c. liquor from peas | hard boiled eggs, if desired |
| 1 1/2 c. milk | |

Cook noodles 10 minutes in boiling salted water, then drain. Prepare a white sauce by melting the butter, adding flour and seasonings and when these are smoothly blended, the liquor from peas and milk. Stir constantly until thickened. Stir in pimentos and peas. Arrange in buttered casserole alternate layers of the noodles, salmon and sauce. Begin and end with noodles. Top with crumbs and bake 1/2 hour in 350 degree oven. Serves 6.

Mrs. L. T. Greene
Pilot Rock, Oregon

RICE-SAUSAGE CASSEROLE

- | | |
|-------------------------|------------------------------|
| 5 c. hot water | 1 small onion, diced |
| 3 pkg. Lipton's chicken | 4 pieces celery, diced |
| noodle soup | salt and pepper |
| 1 c. raw rice | 1 can cream of mushroom soup |
| 1 lb. lean sausage | 1/4 c. chopped almonds |
| 1 green pepper, diced | |

Combine water and chicken noodle soup. Add rice and cook until tender. Chop celery, pepper and onions fine and add to rice and noodles. Fry sausage and drain off grease. Add to first mixture. Stir well and place in baking dish. Cover with mushroom soup and almonds. Water may be added while cooking if necessary. Bake at 350 degrees for 45 minutes. Serves 12 persons.

Lila Myers

CHURCH CHICKEN

Boil 1 stewing chicken and remove meat from bones.

Dressing:

- | | |
|-------------------------|-----------------------|
| 1 (1 lb.) loaf of bread | 2 Tbsp. chopped onion |
| 2 Tbsp. chopped celery | 1/2 tsp. sage |

Moisten with broth.

CHURCH CHICKEN (Continued)

Gravy:

1/2 c. butter or chicken fat	1 qt. broth
3/4 c. Igleheart's	1 tsp. salt
Upright all purpose flour	6 beaten eggs

Place dressing in baking pan. Put pieces of chicken on top. Add beaten eggs to cooled broth and pour over dressing and the chicken. Bake at 375 degrees for 45 minutes.

Ruby E. Kirk

Georgia B. Johnson

CHICKEN & RICE

3 broiler-fryers	1 c. cut celery tops
2 c. water	1 can cream of mushroom soup
2 tsp. salt	4 c. cooked rice
2 tsp. monosodium glutamate	1 pt. sour cream
2 bay leaves	1 pkg. dehydrated onion soup mix

Simmer first 6 ingredients until chicken is done. Reduce broth to 1 1/2 cups. Mix with mushroom soup in 4 quart casserole. Skin chicken and cut in bite size pieces. Add all ingredients and mix well. Bake 50 minutes in a moderate oven. Serves 12.

Mrs. Ellis Wyland

CHICKEN CASSEROLE

2 large chickens	2 lb. green lima beans
2 c. rice	1 small sweet red pepper, chopped fine

Cook separately. Make white sauce of chicken broth. Dice chicken, mix all ingredients with white sauce - put in a greased baking dish. Cover with potato chips rolled fine. Bake 40 minutes at 325 degrees.

Mrs. Joe Snyder

CHICKEN & RICE CASSEROLE

1 (4 lb.) fowl, cut up	1/8 tsp. pepper
2 c. soft bread crumbs	2 Tbsp. chopped parsley
1 c. cooked rice	2 c. chicken stock
1 1/2 tsp. salt	4 eggs, well beaten

CHICKEN & RICE CASSEROLE (Continued)

Cook fowl until tender - chill in broth. When cool enough to handle, remove meat from bones and cut into edible pieces. Combine with all remaining ingredients. Pour into 2 quart casserole. Set in a shallow pan containing 1/2 inch of hot water and bake at 350 degrees for 1 1/2 hours or until a silver knife inserted in the center of mixture comes out clean. Serve at once with sauce made from mushroom soup or chicken soup. Serves six.

Mrs. V. W. McCormack
Lois Hale

QUICK CHICKEN CASSEROLE

- | | |
|---|-----------------------------|
| 1 can (5 oz.) boneless
chicken or 3/4 c. diced | 1 c. crushed potato chips |
| 1 c. diced celery | 2 tsp. onion |
| 1 1/2 c. cooked rice | 1/2 c. walnuts, chopped |
| 1/2 tsp. salt | 1 can cream of chicken soup |
| 1 Tbsp. lemon juice | 1/4 tsp. pepper |
| 1/4 c. water | 3/4 c. mayonnaise |
| | 3 hard cooked eggs |

In large bowl mix chicken, celery, onions, nuts, rice, soup, salt, pepper and lemon juice. Mix mayonnaise with water, add to chicken. Gently stir in eggs, sliced. Turn into 9 inch square pan. Top with chips. Bake at 400 degrees for 15 minutes.

Mrs. Jessie Ingalls
Lorna Waltz

CHICKEN CASSEROLE DISH

- | | |
|---|-------------------------|
| 2 c. diced, cooked chicken | 1/2 c. milk |
| 1 c. frozen peas, thawed,
not cooked | 2 egg yolks, beaten |
| 1/2 c. chopped celery | 1 tsp. onion juice |
| 2 c. rice, cooked in chicken
broth | 1 Tbsp. minced pimento |
| | 1 can drained mushrooms |
| | 1/8 tsp. pepper |

Combine ingredients. Place in pan and cover with bread crumbs. Bake at 350 degrees until firm - about 40 minutes. May also be baked in a ring mold, omitting mushrooms and making a cream sauce of them and chicken broth and serve over the top. Serves 8 to 9.

Lillian Glenn

CHICKEN & NOODLE CASSEROLE

- | | |
|---------------------------|------------|
| 1 freshly dressed chicken | 1 bay leaf |
|---------------------------|------------|

CHICKEN & NOODLE CASSEROLE (Continued)

1 small onion	1 c. sliced, sharp cheese
2 pieces celery, 4 inches	buttered bread crumbs
1/4 clove garlic	paprika
salt and pepper	Homemade Noodles (see below)
2 chopped pimentos	1 large egg
1 medium can button mushrooms	1/2 tsp. salt
	Igleheart's Upright all purpose flour

Wash and cut chicken as for frying. Place in large kettle with bay leaf, onion, celery, garlic and pepper. Cover with hot water (not boiling) and cook until meat falls from bone. Add salt, as soon as chicken begins to tender, to taste. Remove chicken from broth, set aside to cool until able to handle. Remove onion, celery and garlic. Bone chicken, removing gristle and most of skin. Cut meat into medium sized pieces (some skin may be included); keep warm.

Homemade Noodles: Make noodles while chicken cooks. Beat egg slightly, add salt and flour gradually, working in all the flour possible - dough must be very stiff. Roll real thin on heavily floured board, sprinkle top with more flour, roll and cut in strips 1/3 inch wide; then unroll and cut in 4 inch lengths, keep sprinkled with flour so as not to stick. Boil noodles in broth 10 minutes. Add chicken, pimentos and mushrooms. Place all in buttered casserole, sprinkle with cheese - cover entirely with buttered bread crumbs and sprinkle with paprika. Bake in preheated 350 degree oven about 30 minutes. If not brown, place under broiler for a minute or so.

Edythe Crispin

PORK & CHICKEN BAKE

1 lb. cubed pork or veal	1 small can mushrooms
1/2 c. chopped onion	1 (10 1/2 or 11 oz.) can condensed chicken and rice soup
1 c. chopped celery	3 Tbsp. soy sauce
1 1/2 c. cooked rice	

Brown meat in small amount of hot fat, add onion and celery. Cook until vegetables are barely wilted. Add remaining ingredients; mix lightly. Pour into greased 2 quart casserole. Cover and bake in moderate 350 degree oven 1 hour. Serves 6.

Do not add salt to rice or other ingredients for the soy sauce seasons enough.

Esther Roehlk

CALICO BEAN BAKE

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|------------------------|--|
| 1 c. chopped onion | 1 (1 lb.) can (2 c.) pork and beans or B&M beans |
| 1 clove garlic, minced | 1 (1 lb.) can kidney beans, drained |
| 1 Tbsp. shortening | 1 can baby limas, drained, or 1 (10 oz.) pkg. frozen, cooked and drained |
| 1/2 c. catsup | 6 (1/4 inch) slices Canadian bacon |
| 2 Tbsp. brown sugar | |
| 1 tsp. dry mustard | |
| 1 tsp. salt | |
| 2 Tbsp. vinegar | |

Cook onion and garlic in shortening until tender but not brown. Add catsup, brown sugar, mustard, salt and vinegar. Combine beans and stir into catsup mixture. Place about 3/4 of mixture in ungreased 1 1/2 quart casserole. Arrange bacon slices on top. Cover with remaining bean mixture. Bake in moderate 350 degree oven 1 hour. Just before serving, bring bacon slices to the top of the casserole. Makes 6 large servings.

Esther Roehlke

STRING BEAN CASSEROLE

- | | |
|--------------------------------|--------------------------------|
| 2 cans string beans, drained | 1 can bean sprouts, drained |
| 1 can mushroom pieces | 1 can mushroom soup, undiluted |
| 1 can water chestnuts, drained | |

Mix ingredients together. Place in casserole. Top with 1 can French fried onion rings or buttered cracker crumbs. Heat in 300 degree oven for 1/2 hour.

Mary Jane Patton

KIDNEY BEAN CHILI

- | | |
|-------------------------|-----------------------------|
| 2 Tbsp. fat or oil | 2 c. canned tomatoes |
| 1 lb. hamburger | 2 Tbsp. cold water |
| 1/2 lb. pork (optional) | 2 Tbsp. chili powder |
| 1 1/2 c. onion | 2 Tbsp. salt |
| 1 c. celery | 1 tsp. sugar |
| 1 small clove garlic | 1 tsp. Worcestershire sauce |
| 1 green pepper | 4 c. drained kidney beans |

Brown hamburger and onion in melted fat or oil. Heat other ingredients in pan and add browned hamburger. Heat and simmer until vegetables are tender.

Bette Hart

BEAN CASSEROLE

1 can Campbell's barbecue beans	2 Tbsp. minced green pepper
1 can or 1 pkg. frozen baby limas	1 Tbsp. Worcestershire sauce
1 lb. ground round	1/2 c. catsup
1 medium onion	1 can mushroom soup
	1 can water
	1 c. uncooked macaroni

Cook macaroni until almost soft. Brown ground round, mince onion and combine all ingredients. Salt to taste. Put in flat pan, cover with cheese and bake 1 hour at 325 degrees.

Selma Graf

MEAT POT PIE

1 Tbsp. shortening	2 bouillon cubes or meat extract
2 c. diced carrots	salt to taste
3 c. diced potatoes	pastry for one crust pie
12 small onions	1 box frozen peas, or 1 lb.
1 lb. skinless wieners	fresh peas

Place cooked vegetables in casserole lined with pastry dough. Add 4 cut up wieners. Melt shortening, add flavor, 2 bouillon cubes dissolved in 3 cups hot water. Pour over vegetables. Top with ring of pastry. Bake in a hot 425 degree oven about 20 minutes. Place remaining wieners in open center 10 minutes before removing from oven.

Mina Burnett

GOULASH

1 c. milk	1 lb. ground round
1 can minced clams	soda crackers

Scald milk. Break up enough soda crackers in it to form a mush. Add minced clams, juice and all and ground round. Spread into long baking dish, about 9 x 5 inches that has been greased. Place under broiler until brown on one side, then turn with spatula. Cut in half to make turning easier. Broil 8 to 10 minutes on each side. Cut in squares and serve.

Mrs. James Harvey

HAMBURGER NOODLE BAKE

2 Tbsp. butter, mar- garine or shortening	1 tsp. salt
1 lb. hamburger	dash pepper
1 clove garlic	1 tsp. sugar
	2 (8 oz.) cans tomato sauce

HAMBURGER NOODLE BAKE (Continued)

1 (8 oz.) pkg. noodles	1 c. sour cream
6 scallions	1/2 c. grated cheddar cheese
1 (3 oz.) pkg. cream cheese	

Melt fat in a skillet, toss in hamburger, breaking it up in small pieces with a fork - fry meat until brown. Crush or chop garlic fine and mix into meat along with salt, pepper, sugar and tomato sauce. Cover and cook slowly for 15 to 20 minutes. Cook noodles according to package directions and drain. Chop scallions with some of green tops and mix with cream cheese and sour cream. Put a layer of noodles, about a 1/3 in the bottom of a casserole, spread with a third of scallion mixture, cover with a third of meat sauce. Repeat layers twice. Sprinkle with the cheddar cheese. Bake at 350 degrees or moderate oven for 20 minutes or until bubbly. Serves 6.

Alice M. Anderson

BEEF CASSEROLE

1 lb. ground beef	2 Tbsp. cream
2 Tbsp. butter	1 1/2 tsp. salt
1 pkg. frozen peas, thawed, or canned	1/4 tsp. pepper
1 small onion	1 c. crushed potato chips on top
1 can cream of mushroom soup, undiluted	2 c. celery, cut fine

Brown meat in butter. Place meat, onion and celery in layers, then peas. Mix soup, cream and seasoning. Pour over first mixture. Crush potato chips for top. Bake 45 minutes at 350 degrees.

Birdine Hollenbeck

GROUND BEEF CASSEROLE

1 lb. ground beef	2 Tbsp. soy sauce
1/2 c. rice, uncooked	1 can cream of mushroom soup
1 c. celery, diced	1 can cream of chicken soup
2 medium onions, chopped	2 cans warm water
1 can Chinese noodles	

Brown beef until crumbly. Mix rest of ingredients except noodles. Pour into greased casserole, cover and bake at 350 degrees for 30 minutes. Remove cover, stir and bake 30 minutes longer. Sprinkle noodles on top and bake 15 minutes more. Serves 8.

Mrs. John Murphy

TURKEY CASSEROLE

3 c. diced turkey	1/4 c. chopped pimento
1 c. cooked rice	4 beaten eggs
2 c. soft bread crumbs	2 tsp. poultry seasoning
1/3 c. diced celery	2 c. chicken broth

Combine chicken, rice, bread crumbs, celery and pimento. To the beaten eggs, add salt, poultry seasoning and broth. When cooled; mix thoroughly. Stir into chicken mixture. Bake in a greased 9 x 9 x 2 inch baking dish. Bake at 350 degrees for 50 minutes. Cut in squares and serve with Mushroom Cream Sauce.

Mushroom Cream Sauce:

1/3 c. milk	1 can mushroom soup
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Add milk to soup; heat thoroughly. Serves 6 to 8.
Ferndale Obuch

LAYER CASSEROLE

1 c. uncooked rice, washed and drained	3/4 c. water
1 c. whole kernel corn, drained	1/2 c. finely chopped onion
2 cans tomato sauce	1/2 c. finely chopped green pepper
	3/4 lb. uncooked ground beef
	4 strips bacon, cut in halves

Put rice, and corn in baking dish. Sprinkle with salt and pepper. Pour over 1 can tomato sauce. Add 1/2 can water, chopped onions and peppers; also ground beef. Sprinkle with salt and pepper. Cover with second can of tomato sauce and 1/4 cup water. Cover meat with strips of bacon. Cover and bake at 350 degrees for 1 hour. Uncover and bake for 30 minutes longer or until bacon is crisp.

Diane Campbell

RUSSIAN DISH

1 lb. hamburger	1 can peas
1 onion, chopped	1 can mushrooms
1 c. cooked rice	1 can tomato soup

Brown meat and onion. Add peas, rice, mushrooms, tomato soup and mix well. Place in casserole and bake at 350 degrees for 1 hour.

Mrs. Gertrude Narragon

CORNEO BEEF CASSEROLE

- | | |
|------------------------------------|-------------------------|
| 1 can peas and carrots,
drained | 1 can corned beef |
| 2 c. cooked, diced potatoes | 3 c. medium white sauce |

Make white sauce. Combine potatoes, peas and carrots, corned beef. Pour white sauce over top and bake at 350 degrees for 1/2 hour.

Grace Maness

BAR-B-Q ALA

- | | |
|------------|---------------|
| 1 c. Ala | 1/2 tsp. salt |
| 2 c. water | |

Combine and bring to a boil - reduce heat and simmer 20 minutes.

- | | |
|--------------------|-------------------------|
| 2 lb. ground beef | 2 tsp. prepared mustard |
| 2 large onions | 2 Tbsp. vinegar |
| 2 c. celery | 2 cans tomato sauce |
| 1/4 c. brown sugar | 1/2 c. catsup |

Brown beef, add onion, celery and simmer a few minutes. Add all other ingredients, adding Ala last. Blend well. Cook slowly for 1/2 hour.

Mrs. Floyd Root

SPANISH ALA

- | | |
|--------------------|---------------------------|
| 1 c. celery | 1 c. chopped green pepper |
| 1 c. chopped onion | |

Saute celery, onion and pepper in fat, butter or margarine until vegetables are tender. Remove from fat and set aside. Now, fry slow 1 pound ground round until lightly browned. Combine vegetables and add:

- | | |
|--------------------------|--|
| 1 1/4 c. processed wheat | 1 tsp. salt |
| 2 1/2 c. canned tomatoes | pepper |
| 1 1/2 Tbsp. chili powder | 3 Tbsp. sugar |
| (more or less to taste) | 1/2 tsp. garlic powder or 3
garlic buds, minced |

Simmer at least 1 hour and then place in casserole and bake slowly until ready to serve. Water may be added if it becomes dry. Also, you may add 1 can mushrooms.

Mrs. Royal Raymond

MOCK CHOW MEIN

1 lb. hamburger	2 c. celery
1 1/2 c. onion	1/2 c. raw rice

Brown all ingredients together, add:

1 can mushroom soup	1/3 c. soy sauce
1 1/2 c. hot water	

Bake 1 hour at 250 degrees.

Mrs. Bud Wishart

TUNA CHOW MEIN

2 cans tuna fish	1 small chopped green pepper
1 can cream of mushroom soup	1 small minced onion
1 pkg. frozen peas	1/2 jar pimento
1/2 c. milk	1 can Chow Mein noodles

Mix all ingredients together except Chow Mein noodles. Now take 1/2 of the Chow Mein noodles and mix into mixture lightly, then add the other half on top around the edges. Bake in 400 degree oven about 30 minutes.

Mrs. Warren Freund

ORANGE RICE

1/4 c. butter or margarine	2 tsp. salt
1 c. diced celery	1/2 tsp. sugar
3 Tbsp. chopped onion	1 c. water
1 1/2 c. quick rice	3/4 c. orange juice
	1 Tbsp. grated orange rind (optional)

Melt butter or margarine in saucepan, add celery and onion, cook until vegetables are tender but not browned. Add rice, salt, sugar, water and orange juice. Bring quickly to a boil. Cover, remove from heat and let stand 10 minutes. Add grated orange rind. Serves 6.

Mrs. Joe Cole

GOLDEN OVEN RICE

1 c. dry rice	1 can bouillon
2 Tbsp. oil	1 can water

In skillet, brown dry rice in oil until light golden color.

GOLDEN OVEN RICE (Continued)

Pour into casserole and add water and bouillon. Cover and bake in 300 degree oven 1 1/4 hours.

Nice served with Sweet & Sour Pork Chops or other gravied meats.

Mrs. J. R. Rose

GLAMOROUS RICE

Cut 2 pounds sausage links in pieces and brown. Saute:

1 onion

4 stalks celery

1/2 green pepper

Saute in pan sausage was cooked in. Pour off some of the grease.

1 c. rice

1 large can mushrooms

5 1/2 c. hot water

1/2 lb. cashew nuts

2 pkg. Lipton's noodle soup

Cook rice in 5 1/2 cups hot water. Put in greased casserole and bake 25 minutes in 325 degree oven. Serves 10. Can be fixed ahead, but do not add nuts until just before cooking.

Mrs. Ray Meyersick

** EXTRA RECIPES **

** EXTRA RECIPES **



BEVERAGES

My susceptibility to flattery
Is a disconcerting thing;
If an enemy but praise my tea,
I feast him like a king.

SANDWICHES



They that have no other meat,
Bread and butter are glad to eat.



BIRTHDAY STONES

AND FLOWERS



<u>MONTH</u>	<u>FLOWERS</u>	<u>STONE</u>
January	Snowdrop or Carnation	Garnet
February	Primrose or Violet	Amethyst
March	Jonquil or Daffodil	Bloodstone or Aquamarine
April	Daisy or Sweet Pea	Diamond
May	Hawthorn or Lily of the Valley	Emerald
June	Rose or Honeysuckle	Pearl or Moonstone
July	Larkspur or Water Lily	Ruby
August	Poppy or Gladiolus	Sardonyx
September	Aster or Morning Glory	Sapphire
October	Cosmos or Dahlia	Opal or Tourmaline
November	Chrysanthemum	Topaz or Citrine
December	Holly or Poinsettia	Turquoise or Lapis Lazuli

BEVERAGES, SANDWICHES

EUROPEAN COOLER

6 c. coffee, prepared	8 whole allspice
1/2 c. sugar	1/2 c. heavy cream
1 whole stick cinnamon	3 Tbsp. powdered sugar
8 whole cloves	1 tsp. vanilla

Have coffee boiling hot. Add sugar, cinnamon, cloves and allspice. Let stand 1 hour. Strain out spices; chill (will keep for days). Whip cream until stiff, stir in powdered sugar and vanilla (this can be then put in a covered jar and kept in the refrigerator until the coffee mixture is used - it will keep 2 days). Pour spiced coffee into tall glasses over ice cubes, top with the whipped cream mixture. Serve at once. Makes 6 servings.

This is a Viennese summer drink and is very good, even those who don't usually like iced coffee will like this.

Evelyn Isom

TOM & JERRY BATTER

Beat 6 egg yolks until very thick, then beat 6 egg whites until light and stiff, almost powdery. Combine yolks and whites and beat again - the more you beat the better. Gradually add:

2 1/2 lb. powdered sugar	1 tsp. vanilla or rum extract
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Continue beating - you can't over-beat.

Mrs. Nelson Cole

SPICED GRAPE DRINK

3 1/2 c. grape juice	juice of 2 oranges
1 c. water	juice of 1 1/2 lemons
3 cloves	1 1/2 sticks cinnamon
small amount of sugar	

Simmer until hot.

Ellen Hockensmith

ROSY PARTY PUNCH

5 (46 oz.) cans pineapple juice	16 (1 oz.) cans lemon juice
5 (46 oz.) cans orange-grapefruit juice (blend)	3 qt. apple juice
	3 pt. cranberry juice
	5 pkg. raspberry Kool-Aid, dissolved in 1 qt. water

ROSY PARTY PUNCH (Continued)

Mix all together. Just before serving, add 10 quarts ginger ale. Makes 5 gallons punch.

Mrs. Raphael Raymond

**** EXTRA RECIPES ****



MEATS

POULTRY



Stuff it and roast it, baste it with care,
Carefully then some gravy prepare,
Around your kitchen savory odors will tell,
Whatever is cooking, is doing well.

ROASTING

MEAT

Beef

	Set Temperature		Time in Minutes per Pound	Time in Min. per Lb. Started Cooking from Frozen State
Standing Rib 6-8 Lbs.	300	Rare	18-20	43
		Medium	22/25	47
		Well Done	27-30	55
Less than 6 pounds	300	Rare	33	55
		Medium	45	60
		Well Done	50	65
Rolled Ribs	300	Rare	32	53
		Medium	38	57
		Well Done	48	65
Rump (high quality)				
Standing	300		25-30	50
Rolled	300		30-35	55

Lamb

Leg	300		30-35	40/45
Rolled Shoulder	300		40-45	40-45
Shoulder (bone in)	300		30-35	40-45

Veal

Leg	300		25-30	40-45
Shoulder	300		25	40-45
Boned and Rolled	300		40-45	40-45

Pork

Loin	350		35-40	50-55
Fresh Ham	350		30-35	50-60

Smoked Pork

Ham (New style)	300		15	
Ham (New style) Half	300		18-20	
Ham Butts	300		35/40	

POULTRY

Chicken

Stuffed 3-4 lbs.	350		45-40	
Stuffed 4-5 lbs.	350		40-35	
Stuffed over 5 lbs.	325		35/30	

Turkey

8-10 lbs.	325		25-20	
10-14 lbs.	325		20-18	
14-18 lbs.	300		18-15	
18-20 lbs.	300		15-13	

Goose

10-12 lbs.	325		30-25	
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Duck

5-6 lbs.	350		35-30	
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MEATS, POULTRY

HAM SAUCE

1/2 c. tomato soup	1/2 c. vinegar
1/2 c. brown sugar	2 Tbsp. butter
1/2 c. prepared mustard	1 egg yolk (optional)

Mix first 4 ingredients and cook in double boiler until smooth and thick. Add butter and slightly beaten egg yolks. Continue cooking and stirring until well blended. Keeps indefinitely in refrigerator.

Mrs. William Hansell

COMPANY HAM LOAF

8 slices pineapple	1 c. canned milk
2 c. ground smoked ham	1 tsp. dry mustard
1 lb. fresh ground pork	1/4 tsp. pepper
2 Tbsp. grated onion	1 c. dry bread crumbs
2 eggs, well beaten	

Drain pineapple well, arrange in bottom and along sides of 4 1/2 x 8 1/2 x 3 inch loaf pan. Combine remaining ingredients, mixing well. Spoon the mixture carefully into pan, pressing between slices of pineapple and into corners. Bake at 350 degrees for 1 hour. Remove from oven, invert on platter to remove from pan. Slice to serve. Serves 8.

Excellent for serving large groups. When using for same, omit pineapple slices, butter baking pan. Serve with your favorite sauce. Can be mixed ahead of time, refrigerate but do not freeze.

Mrs. Ferdie Breeding

JOHNNY MOZETTI

2 medium cans mushrooms	1 bottle stuffed olives
2 cans tomato paste	1 stalk celery
1 can tomato soup	3 medium onions
2 cans Arturo sauce or enchilada sauce	2 green peppers
2 pkg. wide egg noodles, cooked and drained	2 lb. ground round steak
1/2 lb. grated American cheese	1/2 lb. butter or oleo
	1/2 pod garlic

Simmer meat until brown in butter. Cook green pepper, celery and onion separately in butter. Add to meat. Combine mushrooms, tomato paste, soup, Arturo sauce and heat slowly for about 5 minutes. Combine all ingredients in large roaster.

JOHNNY MOZETTI (Continued)

Cut in olives and cheese. Mix cracker crumbs and cheese and sprinkle on top. Heat in 325 degree oven for 1/2 to 1 hour. Serves 15 to 20.

Johnny Mozetti with a green salad and garlic French bread makes an excellent dinner.

Marine M. Kivle, R. N.

STUFFED MEAT LOAF

1 1/2 lb. ground beef	1 egg, beaten
1/4 c. chopped onion	salt and pepper
1/4 c. chopped celery	other seasoning if desired

Stuffing:

1 medium onion, chopped	2 eggs, beaten
3/4 c. chopped celery	1 tsp. salt
3 c. soft bread cubes	1/2 tsp. pepper
1/2 c. water	

Mix ground beef, onion, celery, egg, salt, pepper and seasonings. Pat out on baking board about 1/2 inch thick, then spread with stuffing and roll up like jelly roll. Bake with 1 can tomato sauce poured over all. Bake at 350 degrees 1 hour.

Mrs. E. A. Beilke

INDIVIDUAL MEAT LOAVES

1 1/2 lb. ground beef	1 c. fine dry bread crumbs
1 1/2 tsp. salt	3/4 c. catsup
dash pepper	1 egg
1 onion, chopped	6 slices bacon
1/2 grated carrot	

Combine all ingredients well. Shape into 6 individual loaves, wrapping each with a slice of bacon. Bake at 350 degrees for 30 minutes.

Mrs. Mary Gray

SWEDISH MEAT BALLS

1/3 c. minced onions	1/4 tsp. nutmeg
2 Tbsp. butter or margarine	1 1/4 tsp. salt
1 egg	2 tsp. sugar
1/2 c. milk	1/2 tsp. allspice
1/2 c. fresh bread crumbs	1 lb. ground chuck
	1/4 lb. ground shoulder pork

SWEDISH MEAT BALLS (Continued)

2 Tbsp. butter or mar- garine	1 tsp. sugar
3 Tbsp. Igleheart's Upright	1 1/4 tsp. pepper
all purpose flour	1 c. water
	3/4 c. light cream

In large skillet, saute onion in 2 tablespoons butter until golden. Meanwhile in large mixing bowl, beat egg, add milk and crumbs. Let stand 5 minutes. Add 1 1/4 teaspoons salt, sugar, allspice, nutmeg, ground chuck and pork and onions. Blend well with a fork. In same skillet, heat 2 tablespoons butter. Using 2 teaspoons shape meat mixture into small balls, about 1/2 to 3/4 inch in diameter. Drop some balls into skillet, brown well on all sides, remove to warm casserole. Repeat until all meat is browned. Stir flour and next 3 ingredients into fat left in the skillet. Add water and cream slowly, stir until thickened. If desired, return meat balls to gravy; heat thoroughly, or serve balls in covered casserole; pass gravy. Makes 6 servings.

Doris Booth

SPECIAL BAKED CHICKEN

1 whole fresh fryer	1/2 cube butter
4 oz. honey	3 oz. soy sauce

Mix honey, butter and soy sauce; heat. Coat chicken inside and out with the mixture. Place in pan in pre-heated 350 degree oven for about 1 hour. Brush occasionally with remaining mixture while baking.

Mrs. Ferdie Breeding

OVEN BAKED CHICKEN

1 roasting chicken	salt
milk	pepper
Igleheart's Upright all purpose flour	1/2 lb. mushrooms
1/2 c. fat	1 Tbsp. onion
	2 c. milk or cream (hot)

Cut up chicken, dip chicken in milk, then in seasoned flour. Fry in 1/2 cup fat until nicely browned. Fry mushrooms in fat until browned. Arrange chicken in casserole and over it put the mushrooms, chopped onion, cream or top milk (I use mushroom soup). Bake in moderate 325 degree oven until chicken is tender, about 2 hours.

Sarah Cameron

ESTHER'S FRIED CHICKEN

Salt and pepper chicken, then roll in Igleheart's Upright all purpose flour. Grease bottom of iron skillet and put in the chicken. Pour on at least 1 cup of rich cream. Cover and let simmer until tender, then brown over medium heat. Turn and brown on other side.

Esther Burnett

SOUTHERN STYLE CHICKEN & DUMPLINGS

Cook a very fat 5 pound hen with water to cover. Add:

1 medium onion	3 Tbsp. salt
2 stalks celery, chopped	1/2 tsp. pepper

When tender (about 3 hours), remove, bone and dice or leave pieces of chicken whole, as desired.

Dumplings:

2 c. Igleheart's Upright all purpose flour	2 eggs
1 tsp. salt	1 Tbsp. shortening
1 1/2 tsp. baking powder	1 c. milk

Mix as for pie crust, adding the milk slowly until dough is soft enough to handle. Roll as thin as possible and cut in 1 1/2x3 inch strips. Heat stock until boiling and drop dough strips in one at a time to keep from sticking. Cook for 15 minutes.

Mrs. Bennie Lee Tolar

GOURMET SWISS STEAK

1 beef round steak, cut about 1 inch thick	3 Tbsp. lard or drippings
1/2 c. Igleheart's Upright all purpose flour	1 (10 1/2 oz.) can beef consomme
1 tsp. salt	1 (4 oz.) can mushrooms (stems, pieces and liquid)
1/2 tsp. pepper	1 Tbsp. herb seasoning

Pound flour, salt and pepper into both sides of beef round steak. Brown in lard or drippings. Pour off drippings, add beef consomme or bouillon, mushrooms and herb seasoning. Cover tightly. Simmer 2 to 3 hours until meat is tender. Thicken liquid with remaining seasoned flour for gravy. Makes 6 to 8 servings.

(This can be put in a pan and set in oven to cook, 275-300 degrees, for 2 hours or more. If pan has no lid, cover with foil.)

Irene Rockwell

BEEF STROGANOFF

2 lb. lean sirloin beef	1 clove garlic, peeled and crushed
4 Tbsp. butter	2 tsp. salt
1/2 lb. mushrooms (or 2 cans) washed and sliced	1/8 tsp. pepper
1/2 c. tomato juice	1 (10 1/2 oz.) can cream of mushroom soup
1 c. commercial sour cream	

Trim all fat from beef and cut lean meat into strips or 1 inch squares. Heat skillet to 400 degrees. Melt 2 tablespoons butter, add mushrooms, saute until golden and remove. Melt remaining butter, add meat and cook, stirring constantly for about 4 minutes. Add tomato juice and garlic. Cover (leave vent open) and when steaming turn control to simmer (200-225 degrees) until meat is tender - about 2 hours. Stir mushrooms, seasoning and soup and sour cream into meat mixture just before serving. Heat through. Serve over rice.

Mrs. Tillman Taylor
Margie Marlow

BAKED PORK CHOPS

8 pork chops	1 small onion
1 can creamed corn	1 c. celery
1 egg	1 green pepper
1 c. bread crumbs	1 c. thick white sauce

Chop celery, onion and pepper. Fry to golden brown in small amount of butter. Add well beaten egg, corn and bread crumbs. Place chops in baking dish, spread corn batter over the top. Cover with thick white sauce. Bake at 350 degrees 45 to 60 minutes. Season sauce and batter with salt and pepper, but do not season chops.

Mrs. Royal Cambers

PLANTATION PORK CHOPS

6 pork chops	3 Tbsp. enriched Igleheart's Upright all purpose flour
1/2 tsp. sage	1 c. hot water
4 tart apples, cored and sliced	1 Tbsp. vinegar
1/4 c. brown sugar	1/2 c. seedless raisins
salt	

Season chops, brown in hot fat. Place in baking dish; top with apple rings, sprinkle with brown sugar. Add flour to fat in skillet, cook until brown, stirring constantly. Add water and

PLANTATION PORK CHOPS (Continued)

vinegar, simmer until thick. Add raisins, pour over chops. Bake in moderate 350 degree oven for 1 hour. Serves 6.

Mrs. George Johnston

SWEET & SOUR PORK CHOPS

6 to 8 lean chops	1/4 tsp. dry mustard
1 medium onion, chopped finely	1/2 tsp. salt
1 Tbsp. oil	2 Tbsp. soy sauce
2 Tbsp. Igleheart's Upright all purpose flour	3 Tbsp. vinegar
	1 c. water

Brown chops in oil. Remove to baking dish. Lightly brown chopped onion. Mix dry ingredients with soy sauce and vinegar. Add water slowly and stir into skillet with onion. Cook until thickened (more water may be needed). Pour over chops. Cover and bake in 300 degree oven 1 1/4 hours.

Mrs. J. R. Rose

BAKED PORK CHOPS WITH CELERY STUFFING

8 double rib pork chops, 1 1/2 inches thick, with pocket	1 tsp. salt
4 c. dry bread cubes	1/4 tsp. pepper
3 Tbsp. chopped onion	sage to taste
1 1/2 c. finely chopped celery	1/3 c. melted butter
	1 chicken bouillon cube in water

Stuff chops and fasten with toothpicks and lace with string. Season chops with salt and pepper and brown slowly. Place chops on rack in baking pan and bake at 350 degrees about 1 1/2 hours or until tender.

Mrs. Royal Raymond

BRAISED DUCKLING WITH SWEET & SOUR SAUCE

1 (6 lb.) duckling, cut up	2 Tbsp. cornstarch
1 1/2 Tbsp. salt	1/2 c. vinegar
1 tsp. pepper	1 tsp. soy sauce
2 tsp. paprika	2 c. water
duck giblets	1 (12 oz.) can pineapple chunks, drained
1/2 c. sugar	

Season duck with salt, pepper and paprika. Place, skin side down, in ungreased electric fry pan. Cook, covered at 350 degrees for 1 hour, turning every 20 minutes. Meanwhile, simmer

BRAISED DUCKLING WITH SWEET & SOUR SAUCE (Continued)

giblets in water until tender. Save broth. Place cooked duck in container to keep warm. Pour off drippings and stir giblet broth into pan. Combine sugar and cornstarch, stir in vinegar and soy sauce and add to broth. Cook, stirring until sauce thickens. Add pineapple and pour over duck. Serves 4.

Mrs. L. T. Greene
Pilot Rock, Oregon

HUNTER'S DELIGHT

1 pheasant	1 pt. heavy cream
3 Tbsp. butter	3 Tbsp. sherry

Disjoint the pheasant, discarding back and wings. Season with salt and pepper to taste. Brown lightly in a saucepan with 3 tablespoons butter, then place in a pressure cooker with 1/8 cup water. Cook at 15 pounds pressure for 15 minutes or until tender. Return to saucepan, cover with 1 pint heavy cream and add sherry and let simmer until the cream is thick. Serve with wild rice.

Ada Brewer

STUFFED PEPPERS

4 green peppers	1/2 c. tomato puree
2 lb. ham	1 egg
1/4 lb. medium sharp cheese	2 slices dry toasted bread

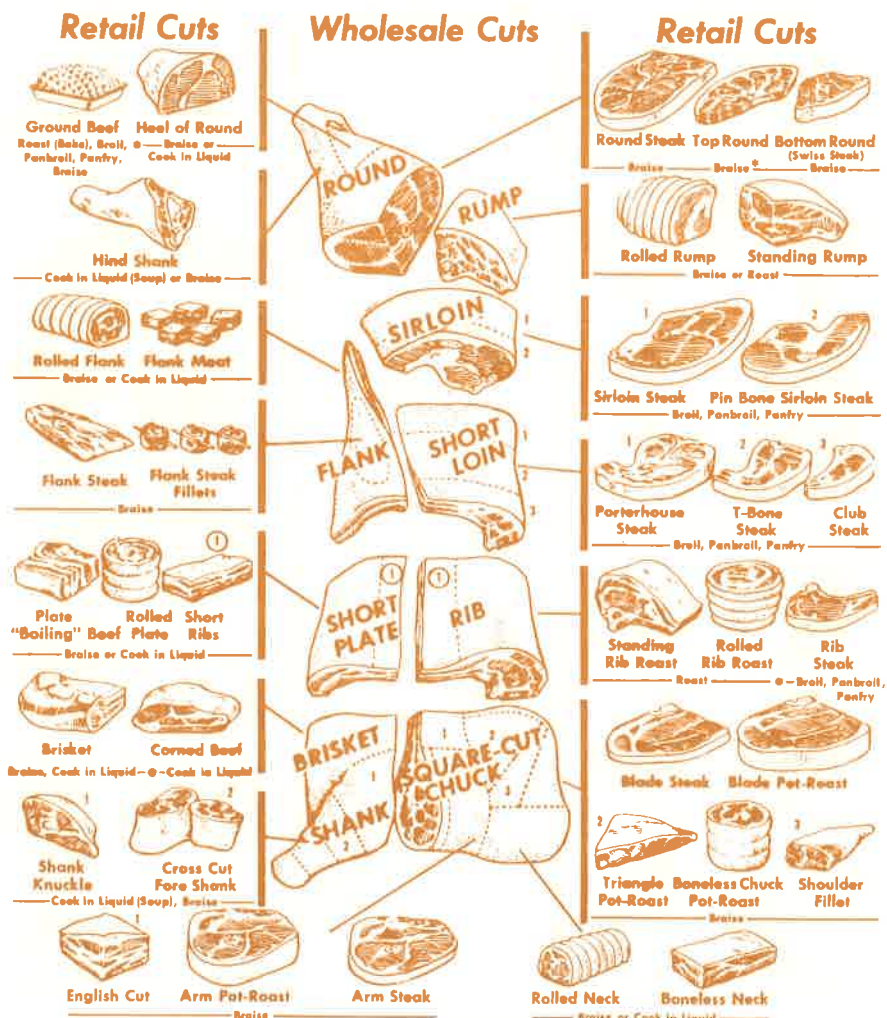
Cut peppers in halves lengthwise. Remove seeds. Grind ham, cheese and last dry toast. Mix egg and tomatoes with meat mixture. Fill pepper shells. Place pepper halves in baking pan. Add enough water to pan so peppers will not stick to bottom of pan. Bake at 325 degrees or until peppers are tender - baking time about 1 hour.

Mrs. C. O. Wainscott

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Meat Cuts and How to Cook Them

BEEF CHART

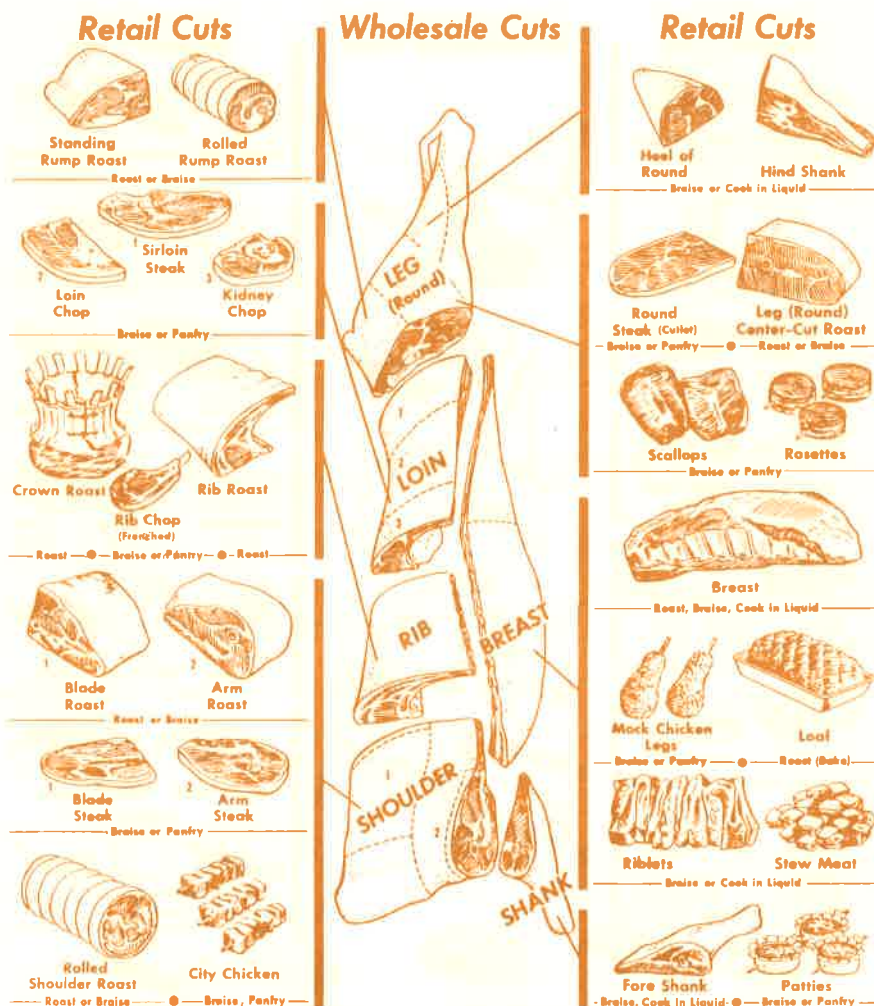


*Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

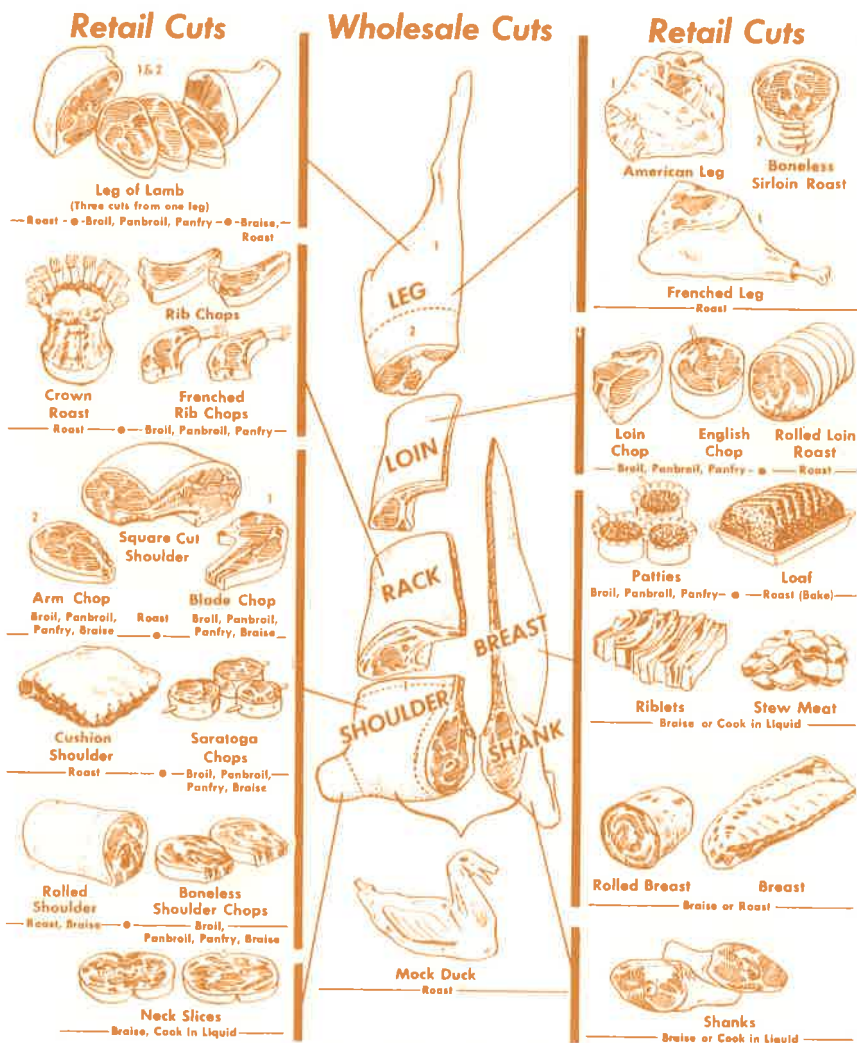
VEAL CHART



NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

LAMB CHART

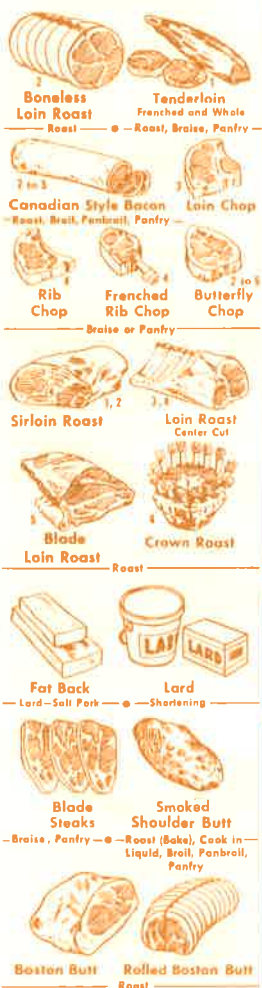


NATIONAL LIVE STOCK AND MEAT BOARD

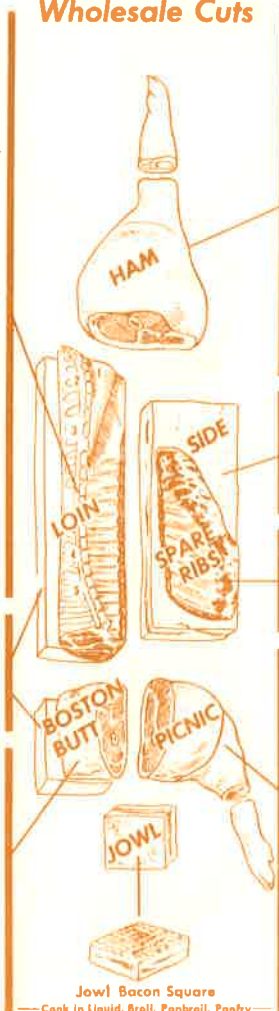
Meat Cuts and How to Cook Them

PORK CHART

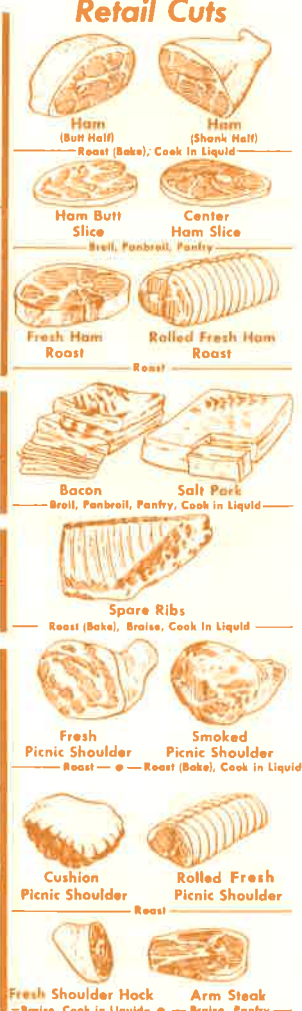
Retail Cuts



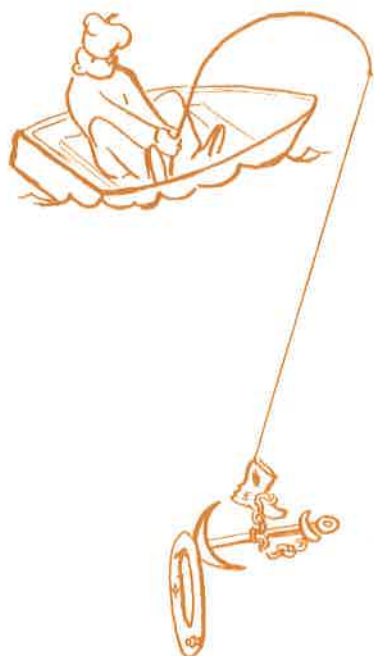
Wholesale Cuts



Retail Cuts



NATIONAL LIVE STOCK AND MEAT BOARD



Seafoods

HERBS AND SEEDS

- Dill** - Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- Fennel** - Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish.
- Marjoram** - May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- Tarragon** - Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- Curry Powder** - A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
- Chives** - Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelet, soups, and in fish dishes. Mild flavor of onion.
- Tomato Juice** - Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.
- Vinegar** - Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.
- Onion** - Popular vegetable which combines in flavor with practically all vegetables, and some fruits - e.g., apple, and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.
- Sage** - Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.
- Caraway** - Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.
- Paprika** - A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

CRAB CASSEROLE

A:

1/4 lb. grated American
cheese
1 can crab

6 slices bread
butter to suit

B:

1 1/2 c. milk
1 egg

salt and pepper to taste
chopped parsley (optional)

Make layers in buttered casserole dish: (A) 1st, 2nd, and 3rd layers of bread, butter, cheese and crab. Pour milk mixture (B) over this, to cover about 2/3 - more milk may be needed. Let stand about 3 hours. Cook with cover, remove cover last few minutes to brown - 275-300 degree oven. Serves 4.

Eileen Ashcraft

CRAB IMPERIAL

1 lb. back fin crabmeat
1/2 Tbsp. dry mustard
1/2 Tbsp. salt
1/4 tsp. pepper

1 Tbsp. Worcestershire sauce
(optional)
3 1/2 Tbsp. mayonnaise
a little parsley
a little minced onion

Toss ingredients gently in order to keep lumps of crabmeat large. Divide mixture into shells (china) or shallow individual baking dishes. Top with cracker crumbs and melted butter. Bake in moderate 350 degree oven until top is golden brown.

Madeleine Korvola

QUICK SHRIMP CURRY

1/2 tsp. curry
1/2 c. chopped onion
1 Tbsp. butter
1 c. frozen cream of shrimp soup

1 c. commercial sour cream
1 c. canned shrimp
1 c. uncooked rice

Cook curry, onion and butter in top of double boiler until tender. Add frozen shrimp soup, sour cream and shrimp. Serve over rice which has been previously cooked and seasoned to taste.

Mrs. Lon Etter

CRAB CASSEROLE

- | | |
|---------------------------------------|-----------------------|
| 1 (14 1/2 oz.) can
evaporated milk | 1 can tuna fish |
| 1 (7 oz.) can mushrooms | 1 c. slivered almonds |
| 6 hard boiled eggs | salt to taste |
| 1 can crab | pepper |

White Sauce:

- | | |
|--|---------------|
| 1/4 c. butter | 1 3/4 c. milk |
| 1/2 c. Igleheart's Upright all purpose flour | |

Make white sauce. Add all other ingredients. Top with crushed cracker crumbs. Bake at 350 degrees for 30 minutes.
Betty Duff

DEVEILED CLAMS

- | | |
|-------------------------------------|--|
| 2 (7 1/2 oz.) cans minced
clams | 2 medium size green peppers,
cut fine |
| 2 medium size tomatoes,
cut fine | 1/2 tsp. sugar |
| 2 medium size onions, cut
fine | 2 eggs |
| | 2 c. bread crumbs (use dry toast) |
| | salt and pepper to taste |

Fry onions and peppers in oil or butter until tender - do not brown. Add tomatoes, salt, pepper and sugar. When done, add clams. When hot, stir in 1 1/2 cups bread crumbs and beaten eggs. Stir until smooth. Put in well greased casserole. Top with 1/2 cup crumbs and dot with butter. Bake at 325 degrees until well set.

Mrs. C. O. Wainscott

CRAB SUPREME

- | | |
|--|-----------------------|
| 2 egg yolks, hard boiled,
minced | 1 pt. cream |
| 1 lb. fresh crabmeat | 3 sprigs parsley |
| 1/3 lb. white bread | 1 sprig thyme |
| 1 Tbsp. butter | 1 clove garlic |
| 3 Tbsp. Igleheart's Upright
all purpose flour | 1 bay leaf |
| | buttered bread crumbs |

Add egg yolks to crabmeat. Soak bread in water - squeeze dry. Mix bread into crab mixture thoroughly. Heat cream with herbs and garlic. When cream is well seasoned, remove herbs. Stir butter and flour into cream and cook until thick. Stir in crab mixture. Place in individual large clam shells or individual

CRAB SUPREME (Continued)

casseroles. Sprinkle top with crumbs. Bake 15 minutes until lightly browned. Serves 4 to 6.

Mrs. S. O. Whiteman

ALA SEA FOOD SUPREME

3/4 c. chopped green pepper	1 c. shrimp
3/4 c. chopped onion	1/2 tsp. salt
1 c. diced celery	1 tsp. Worcestershire sauce
1 c. canned or cooked crab	1 c. mayonnaise
	1 c. cooked Ala
	1/2 c. grated cheese (for topping)

Combine vegetables, crab, shrimp, seasonings, mayonnaise and Ala. Put in greased casserole or individual shells. Cover with grated cheese which has been mixed with a small amount of buttered crumbs. Bake at 350 degrees for 30 to 40 minutes. Makes 6 to 8 servings.

Mrs. Raphael Raymond

BAKED CRAB DISH

2 c. crabmeat, canned or fresh	3 Tbsp. butter
1 c. rich milk	2 Tbsp. Igleheart's Upright
2 egg yolks	all purpose flour
1/2 Tbsp. lemon juice	cayenne
2/3 c. bread crumbs	paprika
1 tsp. mustard	Worcestershire sauce
	2 Tbsp. dry sherry

Melt the butter and stir in the flour. Add milk and seasonings to taste. Stir until smooth and add slightly beaten egg yolks. Fold in crabmeat and add lemon juice and the sherry. Put mixture in a baking dish or individual dishes and cover with bread crumbs and bake in a hot oven 10 minutes.

Carrie Lister

MACARONI LOAF

1 1/2 c. macaroni	1/4 c. chopped pimento
1 c. soft bread crumbs	2 beaten eggs
1 c. diced American cheese	1 1/4 c. milk
1 Tbsp. minced onion	1 can mushroom soup (for sauce)
3/4 tsp. salt	1 can crab

Cook macaroni in boiling salted water - drain and rinse. Add remaining ingredients. Bake in greased loaf pan (set in pan

MACARONI LOAF (Continued)

of hot water as for custard) and bake in 350 degree oven for 30 to 40 minutes or until set. Cut in squares.

Sauce: Serve with mushroom sauce (soup) to which has been added a can of crabmeat. Serves 6.

Mrs. L. P. Norvell

CRAB CASSEROLE

8 slices bread	1 c. celery, chopped
2 c. crab or shrimp, or both	grated cheese for top
1/2 c. mayonnaise	3 c. milk
1 onion, chopped	4 eggs
1 green pepper, chopped	1 can mushroom soup
	paprika

Trim crusts from bread. Dice half of bread in baking dish. Mix crab, mayonnaise, pepper, onion and celery. Sprinkle over diced bread. Place rest of bread on top of mixture. Beat eggs, add milk and pour over all. Place in refrigerator overnight. Bake at 325 degrees for 15 minutes. Remove and spread soup over all, add grated cheese and paprika. Bake for 1 hour or longer at 325 degrees. This will make 8 servings.

Mrs. Courtney Phelps

Marge Markgraf

Mrs. Fred Witherell

**** EXTRA RECIPES ****

Rolls - Breads



"Breathes there a wife with soul so dead;
Who to her husband has never said:
'This is my own real, homemade bread' "



COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough Biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin mix well but light- and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by over mixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing the dough.
3. Pies do not brown - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400 - 425 degrees constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from under-kneading and not kneading evenly.
5. Bread bakes uneven - Caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

ROLLS - BREADS

CRISP YEAST WAFFLES

1/2 cake yeast	1 tsp. salt
1/2 c. lukewarm water	2 eggs
2 Tbsp. sugar	3 c. Igleheart's Upright all purpose flour
5 Tbsp. melted shorten- ing	1 1/2 c. milk

About 1 1/2 hours before meal time, soften yeast in water. When soft, add to lukewarm milk in which has been dissolved sugar and salt. Blend in flour and beat until smooth. Add egg yolk and beat again. Let rise until bubbly - about 1 hour. Stir if too thick. Add warm milk to make a nice batter. Fold in stiffly beaten egg whites and bake. May be mixed and put in refrigerator. Let stand overnight and add egg whites in morning, bake when desired.

Flossie Hibbard

WONDERFUL WESTERN WAFFLES

1 c. Igleheart's Upright all purpose flour	2 Tbsp. baking powder
1/2 c. yellow corn meal	1/2 tsp. salt
1 c. rolled quick cooking oats	2 eggs
	1/2 c. bacon drippings or melted butter
	3 c. buttermilk

Put dry ingredients into bowl. Add eggs, drippings and buttermilk; mix well. Batter should be a bubbly, thick, pouring consistency. Let batter stand for a short time - 15 to 30 minutes, to allow baking powder to work. Batter will almost double its volume.

Mrs. Frank Tubbs

PANCAKES

1/2 c. quick oats	2 tsp. soda
1/2 c. wheat germ	1 tsp. salt
2 Tbsp. yellow corn meal	1 1/4 c. water
1 1/2 c. hot water	1/4 c. sugar
3 eggs	2 tsp. baking powder
1/4 c. oil	2/3 c. powdered buttermilk
1 c. Igleheart's Upright all purpose flour	1/2 tsp. vanilla

Soak oats, wheat germ and corn meal in hot water for 10 minutes. Beat in eggs and oil. Add remaining ingredients and

PANCAKES (Continued)

mix well. Left-over batter may be covered and kept in refrigerator until later use.

Luella Hawks

YEAST HOT CAKES

2/3 c. warm water (105-115 degrees)	2 c. biscuit mix
2 pkg. active dry yeast	1 c. milk
	1 egg

Measure water into a pre-warmed bowl. Sprinkle yeast over water and stir until dissolved. Add biscuit mix, milk and slightly beaten egg. Beat until smooth. Bake on a hot, lightly greased griddle. Turn once, when bubbles appear. Makes about 12 small Pancakes.

Katherine Shaw

BEST-EVER PANCAKES

4 eggs	1/3 c. sifted Igleheart's Upright
1 c. cottage cheese	all purpose flour
1/2 tsp. salt	1/4 c. milk
	1 Tbsp. melted butter

Separate eggs; beat yolks until light. Add cottage cheese (best to sieve it first), salt and flour, milk and butter. Mix well, then fold in egg whites that have been beaten very stiff. Cook on a hot griddle, using about 1 tablespoon batter for each cake. Makes about 14 little cakes.

Good to serve with cherry preserves, or just powdered sugar, or fill them with applesauce and roll up. If the last is done, then can be made ahead of time, filled with the sauce, rolled up and then heated in the oven at breakfast time.

Evelyn Isom

DOUGHNUTS

2 pkg. yeast	1 tsp. salt
1 c. lukewarm water	grated rind and juice of 1/2 lemon
1 c. lukewarm milk	1/8 tsp. nutmeg
1/2 c. butter	7 c. or more sifted Igleheart's
2/3 c. sugar	Upright all purpose flour
2 eggs, well beaten	

Pour lukewarm water over yeast, stir and let stand about 10 minutes. Scald milk and cool until lukewarm. Cream together butter, sugar and salt. Add eggs, lemon and nutmeg. Add milk

DOUGHNUTS (Continued)

to softened yeast and blend this liquid with 3 cups flour. Beat smooth, then add butter mixture and enough more flour to make a medium soft dough. Knead smooth but keep as soft as can be handled without sticking. When dough has risen once until light, roll out into a sheet 1/3 inch thick. Cut with doughnut cutter. Let rise until doubled. Fry in deep hot fat. If no fat thermometer is at hand, test its temperature with a small square of bread, which should brown in exactly 1 minute.

Mrs. James Harvey

DOUGHNUTS

1/3 c. melted shortening	2/3 c. granulated sugar
2 eggs, or 4 egg yolks	1 tsp. baking powder
1 tsp. baking soda	1 tsp. salt
3/4 tsp. nutmeg	1/4 tsp. cinnamon
4 c. sifted Igleheart's	1 c. sour milk
Upright all purpose flour	

Blend melted shortening, sugar and eggs until light and creamy. Sift baking powder, soda, salt and spices with 3 1/2 cups of the flour. Stir into first mixture alternately with sour milk; mix until smooth and thoroughly blended (thorough mixing at both points helps to insure better texture). Add remaining 1/2 cup flour only if needed for rolling. If you are inexperienced the dough will be easier to handle if chilled about 1/2 hour in the refrigerator. Roll out dough on a floured board to 1/4 inch thickness, cut out Doughnuts and let stand on board 20 minutes before frying (this helps reduce the fat absorption during frying). Handle the dough as little as possible during rolling and cutting. Fry in deep hot fat at 370 degrees until risen and medium brown on both sides.

Mrs. Harold Beldin

BASIC SWEET DOUGH

1/2 c. milk	1/4 c. margarine
1/2 c. sugar	1/2 c. warm water
1 1/2 tsp. salt	2 pkg. Fleischmann's yeast
4 1/2 c. unsifted Igleheart's	2 eggs, beaten
Upright all purpose flour (approximately)	

Scald milk. Stir in sugar, salt and margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast. Stir until dissolved. Stir into lukewarm milk mixture. Add beaten eggs and half the flour. Beat until smooth. Stir in remaining flour to make a slightly stiff dough.

BASIC SWEET DOUGH (Continued)

Turn dough out on lightly floured board. Knead until smooth and elastic - about 3 minutes. Place dough in greased bowl, turning to grease top. Cover and let rise in warm place free from draft until double in bulk, about 1 hour. Punch down, turn out on lightly floured board. Divide dough in 2 parts and add apple filling for Tea Rings.

Ann Hummell

COLD WATER BISCUITS

1/2 c. sugar

1/2 c. shortening

1/2 tsp. salt

enough light bread dough to make
1/2 loaf

Work sugar, shortening and salt into dough with hands. Add 1 pint cold water and mix with hands until dough feels stringy. Add enough Igleheart's Upright all purpose flour to make a sponge like heavy cream and beat thoroughly. Set in warm place to rise until double, then add 1 pint lukewarm water and enough Igleheart's Upright all purpose flour to make a soft dough. Let set until double. At bedtime, make into balls size of walnuts. Dip each in melted butter. Place on cookie sheet about 4 inches apart. Let rise overnight. Bake 10 minutes at 450 degrees. Makes about 50 biscuits.

Luella Hawks

MASHED POTATO ROLLS

1 1/2 c. hot water

1 c. mashed potatoes

1 Tbsp. salt

2/3 c. shortening

2/3 c. sugar

2 eggs, beaten

2 pkg. dry yeast, dissolved in

1/4 c. warm water

8 c. Igleheart's White Honor
bread flour (approximately)

Dissolve yeast. Stir potatoes, salt and shortening into hot water. When cooked, add eggs and yeast. Add flour, a cupful at a time. Turn out on floured board and knead well. Place dough in greased bowl and let rise about 2 hours in warm place. Knead down and let rise again about 1/2 hour. Make into rolls and let rise until doubled. Bake at 350 degrees 20 to 25 minutes or until done and golden in color. Any left-over dough may be kept in the refrigerator for later use.

Mrs. Raphael Raymond

REFRIGERATOR ROLLS

1/2 c. sugar	1/2 c. shortening
2 1/2 c. water	7 1/2 c. Igleheart's White Honor
2 pkg. yeast	bread flour
1/2 tsp. baking powder	1 egg
1 Tbsp. salt	1/2 tsp. soda

Empty yeast into 1/2 cup lukewarm water and allow to soften for 5 minutes. Melt shortening and set aside to cool. Sift flour and measure 7 1/2 cups. Add soda and baking powder to flour and resift. Pour 2 cups of lukewarm water over sugar and salt in a large mixing bowl. Add the dissolved yeast. Sift into the liquid 4 cups flour and beat until dough falls in sheets. Add unbeaten egg and blend well. Add melted and cooled shortening and mix well. Gradually add remaining 3 1/2 cups flour - be sure all flour is worked in well. Brush surface of dough with melted shortening and cover with two sheets wax paper with a damp towel between them. Keep dough in refrigerator at a constant cold temperature. Leave in refrigerator for 4 hours before using. This dough may be kept 6 days in refrigerator. Yield: 4 dozen rolls.

Grace E. Bowman

ONE HOUR ROLLS

1 qt. Igleheart's White	1 c. milk and water, or enough
Honor bread flour	to take up the quart of flour
4 Tbsp. shortening	3 yeast cakes, dissolved in 1/2
1 Tbsp. sugar	c. water
2 tsp. salt	

Scald the 1/2 cup milk. Add the 1/2 cup water to the sifted flour. Add salt and sugar. Mix in the shortening, yeast and liquid until you have a good firm dough. Knead until smooth and springy (about 5 minutes). Put in a warm place for about 15 minutes. Punch down and let rise again about 10 minutes and make into rolls. Let double in size and bake in moderate oven 20 to 30 minutes.

The quickness of this method depends on the temperature in which the dough is kept (88 degrees) over a pan of hot water. Dough should be handled quickly so dough will not be cold is important. Makes about 3 dozen rolls.

Sue Taylor

GOOD COFFEE CAKE

2 1/2 c. Igleheart's Upright	1 c. brown sugar
all purpose flour	1 tsp. nutmeg
3/4 c. white sugar	3/4 c. oil

GOOD COFFEE CAKE (Continued)

1 egg	1 tsp. baking powder
1 c. sour milk	1/4 tsp. salt
1 tsp. soda	

Mix first 5 ingredients and reserve 1/2 cup for topping. Combine remaining ingredients with first mixture and cover top with 1/2 cup topping.

Edith A. McCormack
Diana Main

CINNAMON APPLE TEA RING

1 recipe sweet dough	1 c. sugar
1/4 c. melted margarine or butter	1/2 c. pecans or walnuts
1 1/2 c. finely chopped apples	2 tsp. cinnamon
	confectioners sugar frosting

Prepare dough. When ready to shape, divide dough in half. Roll out each half to a 14 x 7 inch oblong. Brush with melted margarine. Combine cinnamon, apples and nuts. Sprinkle over dough. Roll up from long side. Seal edges. Place sealed edges down in circle on greased baking sheets. Seal ends together firmly. Cut 2/3 way into rings with scissors at 1 inch intervals, turn each section on its side. Cover and let rise in warm place free from draft until double in bulk, about 1 hour. Bake in moderate 350 degree oven about 20 to 25 minutes. Frost while warm with confectioners sugar frosting. Makes two rings.

Ann Hummell

PHILADELPHIA COFFEE CAKE

2 c. Igleheart's Upright all purpose flour	4 Tbsp. shortening
4 tsp. baking powder	1/2 c. milk
1/3 tsp. salt	1 egg
1/2 c. sugar	2 Tbsp. cream

Filling:

1/3 c. dark Karo syrup	1/4 tsp. cloves
1/3 c. brown sugar	1/2 c. raisins
1 tsp. cinnamon	3 Tbsp. butter

Combine the sifted flour, baking powder, salt and sugar together. Rub into this mixture the shortening. Beat the egg and add milk and cream. Add this to the dry ingredients. Divide the

PHILADELPHIA COFFEE CAKE (Continued)

soft dough in half. Flatten 1/2 of the dough into a well greased pan. The dough should be about 1/2 inch thick. Put the filling over the first layer of dough. Place the second layer of dough on top of the filling and bake at 375 degrees for 30 minutes.

Mrs. J. W. Pope

CINNAMON COFFEE CAKE

1 c. shortening	1/2 tsp. salt
2 c. sugar	3 tsp. baking powder
4 eggs	4 Tbsp. sugar
1 c. milk	3 Tbsp. cinnamon
3 c. Igleheart's Upright all purpose flour	

Cream shortening, add 2 cups sugar, one spoon at a time. Add eggs one at a time, creaming well after each addition. Sift dry ingredients and add alternately with milk. Mix 4 tablespoons sugar and cinnamon for filling. Spoon batter into baking dish carefully, alternating with 1 teaspoon cinnamon mixture. Bake at 350 degrees for 1 hour. Can be baked in an angel food tube pan or two loaf pans.

Mrs. Vernon Kennedy

CRUNCHY CARAMEL PECAN LOAF

2 c. Igleheart's Upright all purpose flour	1 tsp. salt
2 1/2 tsp. baking powder	2 eggs, beaten
3/4 c. sugar	2/3 c. milk
1 Tbsp. instant coffee	1/2 c. melted butter
	1/3 c. pecans or walnuts, chopped

Filling:

2 Tbsp. butter	1/3 c. milk
3/4 c. brown sugar	vanilla
1 egg, slightly beaten	

Cream butter and sugar. Add milk and eggs and cook until thick. When cool, add chopped nuts. Mix dry ingredients and add to first mixture. Pour in Pyrex pan. Pour filling on top and cut through batter with knife. Bake at 375 degrees for 30 minutes.

Minnie White

GERMAN SOUR CREAM TWISTS

3 1/2 c. Igleheart's Upright all purpose flour	1 tsp. salt
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GERMAN SOUR CREAM TWISTS (Continued)

1 c. margarine	3/4 c. sour cream
1 pkg. dry yeast	2 eggs, beaten
1/4 c. warm water	1 tsp. vanilla

Second Part:

1 c. sugar	cinnamon to taste
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Mix flour, salt, shortening and yeast in warm water. Add sour cream, eggs and vanilla; mix well. Cover and refrigerate 2 hours. Roll 1/2 of dough on sugared board (second part) into oblong 8 x 16 inch pan. Fold ends toward center, ends overlapping. Sprinkle with sugar mixture, roll again to same size. Repeat third time. Cut into strips, 1 x 4 inches. Twist ends in opposite directions, stretching slightly. Bake on ungreased sheet at 375 degrees. Remove from pan after 15 minutes. Makes 5 dozen.

Mrs. Cornelius Steck

ROLLED WHEAT BREAD

1 pt. boiling water	1 pt. or 5 oz. rolled wheat
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Add hot water to rolled wheat. Let stand 1 hour.

1 2/3 Tbsp. active dry yeast	2/3 c. lukewarm water
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Add yeast to lukewarm water, let stand 10 minutes, then stir. Beat 3 eggs slightly, then combine with wheat mixture. Add:

1/2 c. shortening	1 1/2 Tbsp. salt
3/4 c. molasses	yeast mixture
3 qt. Igleheart's Upright all purpose flour	

Save out 1 cup flour. Add rest to the wheat mixture. Mix at low speed on mixer or by hand until dough is smooth and elastic and leaves sides of bowl. If dough is very soft and sticky, add enough of saved out flour to form a soft dough. Place in greased bowl. Cover and let rise in a warm place until double in volume (about 1 hour.) Punch down. Cut into equal portions and let rest on table about 15 minutes. Shape into loaves and place in lightly greased pans. Let rise in a warm place until increased 2 times in volume (about 1 hour). Bake at 400 degrees 25 to 30 minutes. Makes 5 or 6 loaves. Freezes and keeps nicely.

Flossie Hibbard

DILLY BREAD

1 yeast cake	1 Tbsp. butter
1/4 c. warm water	2 tsp. dill seed
1 c. cream style cottage cheese	1 tsp. salt
2 Tbsp. sugar	1/4 tsp. soda
1 Tbsp. minced onion (instant)	1 egg
	2 1/4 to 2 1/2 c. Igleheart's White Honor bread flour

Dissolve yeast in warm water. Heat cottage cheese until lukewarm. Combine with remaining ingredients except flour. Add flour, kneading well with each addition to form a stiff dough. Grease top of dough with oil. Let rise until double, about 1 hour at 80 degrees. Knead down, place in oiled casserole and let rise 30 to 40 minutes. Bake at 350 degrees 40 to 50 minutes or until golden brown. Remove from oven, brush with butter and sprinkle with salt. Makes one round loaf.

Mrs. Ed Hoeft
Mrs. Ferdie Breeding

WHITE BREAD

1 pkg. active dry yeast	1/2 c. Pet milk
1 c. lukewarm water	1/2 c. hot water
2 Tbsp. sugar	5 to 6 c. Igleheart's White Honor bread flour
2 tsp. salt	
1/4 c. shortening	

Soften yeast in 1/4 cup warm water. Measure sugar, salt and shortening into bowl, pour hot water and milk over and stir to dissolve sugar and salt and soften shortening. Add rest of water. When mixture is lukewarm, stir in 1 cup flour, add yeast. Add 2 more cups flour and beat with wooden spoon until batter is smooth and elastic. Stir in more flour and turn out onto floured board and knead until dough does not stick to fingers. Shape dough into ball and place in greased bowl. Cover with towel and let rise until double in bulk, about 1 1/2 hours. Punch down and let rise again, then make into loaves or rolls and let rise about 1 hour. Bake at 400 degrees for 45 to 50 minutes.

Gladys Straughan

BANANA NUT BREAD

1/2 c. shortening	2 c. Igleheart's White Honor bread flour
1 c. sugar	3 tsp. baking powder
2 eggs, beaten	1/2 tsp. salt
1 c. mashed ripe bananas	1 c. chopped nuts
1 tsp. lemon juice	

BANANA NUT BREAD (Continued)

Cream shortening and sugar well, add beaten eggs and mix thoroughly. Add mashed bananas and lemon juice, mixing well. Sift dry ingredients and add to mixture. Mix well, adding chopped nuts. Pour into well greased loaf pan. Bake at 375 degrees for 1 1/4 hours. Yield: One loaf.

Hope Baney

Mrs. P. A. Dockweiler

CARROT BREAD

1 c. sugar
3/4 c. Wesson oil
1/2 tsp. salt
2 eggs
1 tsp. soda
1 tsp. baking powder

1 1/2 c. sifted Igleheart's White
Honor bread flour
1 tsp. cinnamon
1 c. grated carrots
1/2 c. chopped nuts

Mix sugar, oil and beaten eggs. Sift flour, baking powder, soda, salt and cinnamon. Combine with first mixture and add nuts and grated carrots. Bake in tomato cans or other medium sized cans. Fill 1/2 full and bake at 365 degrees for 40 minutes.

Ada Sacrison

ORANGE NUT BREAD

1 large orange, juice and
boiling water to make 1 c.
grated orange rind and
enough ground raisins
to make 1 c.
1 tsp. soda
1 c. sugar
2 Tbsp. melted shortening

1 tsp. vanilla
1/4 tsp. salt
1 beaten egg
2 c. Igleheart's White Honor
bread flour
1 tsp. baking powder
1/2 c. chopped nuts

Mix orange juice, rind, soda, sugar, shortening, vanilla and egg. Add sifted dry ingredients and beat well. Add nuts. Bake for 50 minutes at 350 degrees. Makes one loaf.

Anna Hevel

HOMEMADE CRANBERRY BREAD

2 c. sifted Igleheart's
White Honor bread
flour
1 c. sugar
2 tsp. baking powder
1/2 tsp. soda

1 1/2 tsp. salt
1 c. halved raw cranberries
2 Tbsp. salad oil
1/2 c. chopped nuts
1/2 c. wheat germ
3 Tbsp. grated orange peel

HOMEMADE CRANBERRY BREAD (Continued)

1 egg, slightly beaten
1/2 c. orange juice

1/4 c. warm water

Mix and sift flour, sugar, baking powder, soda and salt. Stir in cranberries, nuts, wheat germ and orange peel. Combine egg, orange juice, water and oil. Add flour mixture; stir just enough to moisten ingredients. Spoon into greased 9 x 5 x 3 inch loaf pan. Bake at 350 degrees for 50 to 60 minutes or until done. Cool in pan 5 minutes - finish cooling on rack.

Reta Schnore, C.R.N.A.

DATE NUT BREAD

1 c. chopped dates
3/4 c. brown sugar
3/4 c. boiling water
1 tsp. baking powder
1/2 c. chopped nuts
1 egg

1 tsp. soda
1 1/2 c. Igleheart's White Honor
bread flour
1 tsp. salt
1 tsp. vanilla

Sprinkle soda over dates and cover with boiling water. While cooling, beat egg yolk until light colored. Gradually add brown sugar and add to dates. Sift flour, baking powder and salt together and beat into mixture. Add nut meats and vanilla; beat well. Pour into a well greased and floured pan. Cover and let set 10 minutes at room temperature. Bake in moderate 340 degree oven for 1 to 1 1/2 hours.

Mrs. Mary Gray

SWEDISH RYE BREAD

1 pkg. active dry yeast
1/2 c. warm water
2 c. sifted rye flour
3/4 c. light molasses
1/3 c. shortening

2 tsp. salt
2 c. boiling water
6 to 6 1/2 c. sifted Igleheart's
White Honor bread flour

Soften yeast in warm water. Combine rye flour, molasses, shortening and salt. Add boiling water and blend well. Cool to lukewarm, add softened yeast. Gradually stir in flour to make soft dough; mix well. Turn out on well floured surface. Cover and let rest 10 minutes. Knead until dough is smooth and satiny, about 10 minutes. Place in lightly greased bowl, turning once to grease surface. Cover, let rise in warm place until double, 1 1/2 to 2 hours. Punch down. Cover and let rise until almost double, about 30 minutes. Turn out on lightly floured surface and divide in 3 equal parts; form in balls. Cover, let rest 15 minutes.

SWEDISH RYE BREAD (Continued)

Shape in 3 round loaves and place on greased baking sheets. Cover, let rise until almost double, about 1 hour. Brush loaves with slightly beaten egg. Bake in 350 degree oven 35 to 40 minutes. Makes 3 loaves.

Barbara Rugg

DANISH BREAD

1 cake yeast	1 c. sugar
1/2 c. warm water (105 degrees)	2 eggs, beaten
2 c. scalded milk	8 to 9 c. Igleheart's White Honor bread flour
1/2 c. butter	1 c. raisins
1 1/2 tsp. salt	1 c. nuts, chopped

Dissolve yeast in lukewarm water. Dissolve salt, butter and sugar in scalded milk, then cool to lukewarm. Add yeast to milk mixture. Stir in eggs and enough sifted flour to make a soft sponge. Beat thoroughly. Work in floured fruit and nuts and rest of flour. Knead until smooth and elastic. Place in greased bowl, cover and let rise until double in bulk. Make into two loaves; let rise. Bake at 375 degrees for 30 to 40 minutes.

Hila M. Timm

RAISIN BREAD

1 1/2 c. hot water, or scalded milk	1 egg, beaten
4 Tbsp. shortening	1 yeast cake
1/2 c. brown sugar	4 Tbsp. lukewarm water
3 tsp. salt	2 c. seedless raisins, coarsely chopped
6 1/2 c. Igleheart's White Honor bread flour	

Add hot liquid to shortening, sugar and salt; cool to lukewarm. Sift flour, measure and add with remaining ingredients to cooled liquid; mix thoroughly, making a moderately stiff dough. Knead on a floured board until dough is smooth and raisins are evenly distributed. Place in greased bowl and cover. Let stand in warm place until dough is doubled in bulk. Punch down and divide and shape into loaves. Let rise until doubled in bulk. Brush top of loaves with melted shortening if desired. Bake at 400 degrees for 40 minutes.

Mrs. Ed Hoeft

"All new dishes fade, the newest oft the fleetest;
Of all pies ever made, the apple's still the sweetest."



Pies - Pastries - Desserts

Take time for 10 things

1 Take time to Work—

it is the price of success.

2 Take time to Think—

it is the source of power.

3 Take time to Play—

it is the secret of youth.

4 Take time to Read—

it is the foundation of knowledge.

5 Take time to Worship—

it is the highway of reverence and washes
the dust of earth from our eyes.

6 Take time to Help and Enjoy Friends—

it is the source of happiness.

7 Take time to Love—

it is the one sacrament of life.

8 Take time to Dream—

it hitches the soul to the stars.

9 Take time to Laugh—

it is the singing that helps with life's loads.

10 Take time to Plan—

it is the secret of being able to have time
to take time for the first nine things.

PIES - PASTRIES - DESSERTS

PRINCESS CHARLOTTE PUDDING

1 pt. milk
1/2 c. sugar

1 Tbsp. cornstarch
2 whole eggs

Mix sugar and cornstarch. Beat eggs and combine with milk. Slowly add to sugar and cornstarch and combine to make custard cream in double boiler, cooking only until it coats a silver spoon. Let cool to about 60 degrees.

1/2 oz. (1/2 small
envelope) Knox granu-
lated gelatin

2 oz. cool water

Dissolve gelatin in cool water. If necessary heat slightly to thoroughly dissolve gelatin, then stir into the custard cream until it begins to set. Beat 1/2 pint whipping cream until it becomes firm and sweeten to taste, add little vanilla flavoring. Fold whipped cream and about 1/4 to 1/2 cup chopped, roasted almonds gently into cooked custard. Fill 6 individual molds or 1 quart mold and let stand in refrigerator 4 to 5 hours. Unmold in sherbet glasses and serve with tart fruit juice poured over - such as raspberry (may use full crushed fruit), strawberry or loganberry.

Mrs. Earle A. Thompson

HALF-HOUR PUDDING

1/3 c. brown sugar
1 c. Igleheart's Upright
all purpose flour
2 tsp. baking powder

pinch salt
1 c. raisins
1/2 c. sweet milk

Mix and put into greased pudding pan. Now take:

2 c. boiling water
1 c. brown sugar

1 Tbsp. butter
1/4 tsp. nutmeg

Mix until sugar is melted and pour over batter and bake 25 minutes in moderate oven. Serve with a dab of whipped cream.

Mrs. Warren McGowan

CARROT PUDDING

1 c. uncooked, shredded
carrots
1 c. uncooked, shredded
potatoes

1 c. sugar
1 c. Igleheart's Upright all
purpose flour

CARROT PUDDING (Continued)

2 c. raisins, ground	1 tsp. soda
1 tsp. nutmeg	1/2 c. melted shortening
3/4 tsp. salt	

Sift flour and spices, salt and soda. Combine carrots, potatoes, shortening and sugar. Add dry ingredients and raisins. Mix thoroughly. Fill well oiled molds (one pound coffee cans can be used) 2/3 full. Steam 2 1/2 hours. Serve hot with any desired pudding sauce.

Mina Burnett

SURPRISE PUDDING

2 c. Igleheart's Upright all purpose flour	1 egg
3 tsp. baking powder	1 c. milk
2 Tbsp. butter	1 tsp. vanilla
1/2 c. sugar	2 c. brown sugar
	2 c. sour cream

Cream butter and sugar. Add well beaten egg. Sift flour, measure, sift again with baking powder. Add flour alternately with milk. Add vanilla. Pour into well greased pudding pan. Sprinkle with brown sugar then pour sour cream over top. Bake at 350 degrees about 35 minutes or until batter is done.

Bessie Wright

CHERRY PUDDING

1 c. Igleheart's Upright all purpose flour	1 c. cherries
1 c. sugar	1 Tbsp. liquid shortening
1 tsp. soda	1 egg
1/2 tsp. salt	1/2 c. walnuts

Sift flour, sugar, soda and salt into a mixing bowl. Add other ingredients and mix well. Bake at 350-375 degrees in a greased baking dish for about 45 minutes. Delicious either with or without whipped cream or a sauce.

Mrs. Nelson Cole
Mrs. O. G. Wagoner

CHERRY BRAN PUDDING

1 c. or 1 can sour cherries	1/2 c. 40% bran
3/4 c. sugar	3/4 c. Igleheart's Upright all purpose flour
3 Tbsp. butter	1/4 tsp. salt


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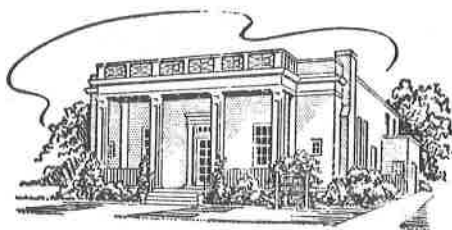
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CHERRY BRAN PUDDING (Continued)

1/2 c. milk
3/4 c. sugar

1 Tbsp. cornstarch
1 tsp. baking powder

Drain liquid from cherries. Add water to make 1 cup liquid. Heat to boiling. Turn cherries into a greased 8 inch square pan. Cream together 3/4 cup sugar and butter. Stir in bran, sifted flour (measure, then sift again with baking powder and salt). Add dry ingredients alternately with milk. Spread batter evenly over cherries. Mix remaining sugar, cornstarch and sprinkle over batter. Pour hot juice over all. Bake at 350 degrees about 1 hour. Cut in squares and serve with whipped cream.

Ferndale Obuch

FRUIT COCKTAIL PUDDING

1 c. Igleheart's Upright
all purpose flour
1 c. white sugar
1 tsp. soda

1 beaten egg
1 #303 can fruit cocktail
1/2 tsp. salt

Topping:

1 c. brown sugar
1 Tbsp. Igleheart's Upright
all purpose flour

1/2 c. chopped nuts
1 tsp. vanilla

Mix all ingredients for pudding and place in a 7 x 11 inch pan. Mix topping ingredients and place on top of the pudding. Bake 1 hour at 325 degrees. Cut in squares, for 8, and serve with whipped cream.

Ella Rohrman

STEAMED CRANBERRY PUDDING

1/2 c. shortening
2/3 c. sugar
2 beaten eggs
2 1/2 c. coarsely chopped
fresh cranberries
2 Tbsp. light molasses

1 2/3 c. sifted Igleheart's Up-
right all purpose flour
3/4 tsp. soda
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. salt

Cream shortening and sugar. Add eggs, cranberries and molasses. Sift flour, soda, cinnamon, nutmeg and salt together; add to first mixture; mix well. Thoroughly grease 1 1/2 quart mold and dust lightly with flour; pour in batter. Cover tightly and steam 3 1/2 hours. Serve hot with hard sauce. Makes 10 servings.

Helen Muller

DATE PUDDING

1 c. chopped dates (1/2
lb.)

1 c. boiling water
1 tsp. soda

Pour water and soda over dates and let come to a boil. Mix:

1 c. sugar
1 Tbsp. butter
1 egg
1 c. nuts

1 1/4 c. Igleheart's Upright
all purpose flour
1/4 tsp. baking powder

Pour this mixture of dates over other ingredients. Bake in 350 degree oven.

Ruth Marlin

ORANGE DATE PUDDING

3 c. milk, scalded and
poured over 2 c. bread
cubes
2 Tbsp. butter or mar-
garine, melted

1 c. sugar
pinch of salt
3/4 c. chopped dates
grated rind and juice of 1 orange
1 beaten egg

Mix all ingredients together. Bake in a 1 1/2 quart casse-
role in a pan of water in 350 degree oven for 1 hour and 15 min-
utes. Top can be spread with orange marmalade and topped with
egg whites browned in oven for 5 minutes before pudding is taken
out of oven, on lower heat.

Katharine Gilliland

IDA'S DATE PUDDING & AMBER SAUCE

2 lb. dates, pitted and
chopped
2 c. boiling water

2 tsp. soda
1 tsp. vanilla

Mix above, let stand while mixing:

2 eggs, beaten
2 c. sugar
3 Tbsp. soft butter
pinch salt

1 tsp. cinnamon
4 c. Igleheart's Upright all
purpose flour
1 c. chopped walnuts

Mix, then blend in date mixture. Steam in cans 1 1/2 hours.
Candied cherries may be added.

IDA'S DATE PUDDING & AMBER SAUCE (Continued)

Amber Sauce:

1 c. brown sugar	1/4 c. soft butter
1/2 c. corn syrup	1/2 c. cream

Cook over low heat just to bubbling and until sugar is completely dissolved (keep from burning). Serve warm over the steamed pudding. Also a delicious topping for ice cream.

Mrs. Raphael Raymond

SODA CRACKER PIE

14 sq. soda crackers or	12 dates, cut up
Ritz crackers, rolled fine	1/2 c. walnuts or pecans, chopped

Mix above ingredients.

4 egg whites	1 tsp. vanilla
1 c. sugar	

Beat egg whites very stiff. Fold in slowly the sugar and vanilla. Combine mixtures. Bake in 9 inch buttered glass pie plate about 20 minutes at 350 degrees until nicely browned. Serve with whipped cream. Serves 6 to 8.

Mrs. Roger Kay

Mrs. L. T. Davenport

SUBLIME LOAF

1 c. coconut (southern style)	1 pkg. lime flavored gelatin
1/4 c. butter or margarine	1 c. hot water
1 1/2 c. vanilla wafer crumbs	2 Tbsp. lemon juice
	1/2 c. sugar
	1 c. evaporated milk, chilled and whipped

Saute the coconut in butter until golden brown, stirring constantly. Add vanilla wafer crumbs and mix well. Press half of mixture in bottom of 9 x 9 x 2 inch pan. Dissolve gelatin in hot water, stir in sugar and lemon juice. Chill until slightly thickened, then fold in whipped evaporated milk. Turn into crumb mixture in pan. Top with remaining crumbs. Chill until firm. Cut into squares. Serves 8 to 12.

Mrs. J. H. Rainwater, Sr.

SNOWBALLS

2 eggs	1/2 c. maraschino cherries,
1 Tbsp. maraschino	chopped
cherry juice	1/2 c. nut meats, chopped
1 c. grape-nuts (cereal)	1 c. cream, whipped
	1 c. powdered sugar

Separate eggs and beat them. Whip cream until stiff and add cherry juice. Carefully add ingredients to beaten egg yolks and then fold this mixture into stiffly beaten egg whites.

Mrs. O. B. Wagoner

CHERRY CREAM CRUNCH

1 c. sifted Igleheart's Upright	1 tsp. vanilla
all purpose flour	1 c. flaked coconut
1/2 tsp. salt	1/2 c. quick cooking rolled oats
1/2 tsp. cinnamon	1/2 c. walnuts, chopped
1/2 c. butter	1 (1 lb. 6 oz.) can cherry pie
1/2 c. firmly packed brown	filling
sugar	1 recipe Lemon Filling

Sift flour with salt and cinnamon. Cream butter in large bowl, gradually add brown sugar and vanilla. Add dry ingredients. Stir in coconut, rolled oats and walnuts. Press crumb mixture into a 12 x 8 x 2 inch baking dish - reserve 1/4 cup. Bake at 375 degrees for 12 minutes. Spread with Lemon Filling. Top by spoonfuls with pie filling. Sprinkle with remaining crumb mixture. Bake an additional 15 to 18 minutes until delicately browned. Cool thoroughly. Chill and top with whipped cream. Serves 10-12.

Lemon Filling:

2 eggs	2 tsp. grated lemon rind
1 (15 oz.) can sweetened	1/4 c. lemon juice
condensed milk	1/2 tsp. salt

Gradually stir lemon juice into sweetened, condensed milk until mixture becomes thick. Add lemon rind and salt. Beat eggs slightly and stir slowly into thickened mixture.

Helen Muller

CHOCOLATE REFRIGERATOR CAKE

1 bar German's choco-	2 tsp. instant coffee
late	1 tsp. unflavored gelatin
1 large size pkg. Jello	2 c. milk
vanilla pudding and pie filling	

CHOCOLATE REFRIGERATOR CAKE (Continued)

2 c. whipped cream

15 ladyfingers, split in halves

Break chocolate in squares, set aside. Combine pudding mix, coffee and gelatin in saucepan. Stir in milk. Bring to a boil over medium heat, stirring constantly. Remove from heat, add chocolate and stir until smooth. Stir in 1 1/2 cups whipped cream. Line 8 x 4 x 3 inch loaf pan with wax paper, let paper extend beyond rim. Line bottom and sides with ladyfinger halves. Alternately add 2 layers each of pudding and ladyfingers. Chill 2 to 3 hours, until set. Lift from pan, garnish with remaining whipped cream and a handful of toasted almonds or walnuts. Serves 6 to 8.

Rebecca Snider

ANGEL CAKE DESSERT

1 pkg. raspberry jello
1 small angel cake
1 c. hot water

1 pt. vanilla ice cream
1 can crushed pineapple

Dissolve jello in hot water, add ice cream, a spoonful at a time and stir until smooth. Add 8 ounce can of pineapple, drained. Tear angel food cake in small pieces, arrange in even layer about 1 inch thick in bottom of tube pan. Pour in jello mixture and chill. Unmold and cut in slices to serve.

Mildred Hoeft

PEPPERMINT CANDY DESSERT

1 small pkg. vanilla cookies,
crushed, or 2 c. graham
cracker crumbs; about 18
1 c. crushed peppermint
candy (small sticks)

1 c. miniature marshmallows
1/2 to 1 c. chopped walnut meats
2 c. (1 pt.) whipping cream
2 tsp. vanilla

Cover bottom of buttered 9 inch square pan with half the crumbs. Combine next 3 ingredients and add to whipped cream flavored with vanilla. Top with remaining crumbs. Chill overnight.

Mrs. Willmuth Reynaud

CHERRY DESSERT

1/4 c. melted butter
1/2 c. powdered sugar
1 c. graham cracker
crumbs

cherry pie filling
1 pkg. Dream Whip
2 pkg. cream cheese
1 c. powdered sugar

CHERRY DESSERT (Continued)

Mix butter, 1/2 cup powdered sugar and graham cracker crumbs for bottom layer. Mix cream cheese and 1 cup powdered sugar. Fold in Dream Whip. Top with cherry pie filling.

Mrs. Marvin Golter

MARSHMALLOW APPLE DUMPLINGS

6 medium apples

1 1/2 c. water

1/4 tsp. salt

18 marshmallows

5 Tbsp. cinnamon candies (red
hots)

Cook apples, salt and water until tender. Add 12 marshmallows, cut up and candies.

Dumplings:

1 c. Igleheart's Upright

all purpose flour

1 tsp. baking powder

1/2 c. milk

1/4 tsp. salt

2 Tbsp. butter

4 Tbsp. sugar

Sift dry ingredients together, cut in butter, add milk. Drop by spoonfuls into hot sauce. Cover and cook 10 minutes on low heat. Add remaining marshmallows and cook 5 minutes more.

Mary Brown

APPLE DUMPLINGS

2 c. Igleheart's Upright

all purpose flour

4 tsp. baking powder

1/2 tsp. salt

4 Tbsp. shortening

7/8 c. sweet milk or water

brown sugar

butter

chopped apples

Sift together flour, baking powder and salt and blend in shortening. Add milk to make dough. Roll dough 1/4 inch thick, spread with melted butter, brown sugar and chopped apples and sprinkle with cinnamon. Roll, cut in slices 1 1/2 inches thick and place in oven. Serve hot with whipped cream or coffee cream.

Dumpling Sauce:

1 c. sugar

1 Tbsp. Igleheart's

Upright all purpose flour

1/2 tsp. salt

1 c. hot water

Combine sugar, flour and salt. Add 1 cup water and let

APPLE DUMPLINGS (Continued)

boil. Flavor with cinnamon and pour over the dumplings before baking.

Doris Booth

RHUBARB ROLL-UPS

2 c. Igleheart's Upright all purpose flour	2 Tbsp. sugar
3 tsp. baking powder	4 Tbsp. shortening
1 egg, beaten	2/3 c. milk

Mix together and roll out on floured board and spread with melted butter. Cover with thinly sliced rhubarb and sprinkle on a little sugar and roll up like a jelly roll. Slice about 1/2 inch thick and don't put too close together. Cover with sauce.

Sauce:

3/4 c. brown sugar	1 1/2 Tbsp. butter
3/4 c. white sugar	juice and grated rind of 1 lemon
1 1/2 Tbsp. Igleheart's Upright all purpose flour	1 1/2 c. boiling water

Cook in saucepan on top of stove 2 to 3 minutes and pour over rolls and bake at 350 degrees about 30 minutes.

Clara Toll

MILLIE'S APPLE DESSERT

1 c. sugar	1 tsp. soda
3 Tbsp. shortening, melted	1/2 tsp. salt
1 egg, beaten	1/4 tsp. nutmeg
1 c. Igleheart's Upright all purpose flour, sifted	1 tsp. vanilla
	3 c. diced apples
	1/2 c. chopped nuts

Mix all together and bake in greased 9 inch square pan for 40 to 45 minutes at 350 degrees. Serve with whipped cream.

Gladys Straughan

SCHAUM TORTE

6 egg whites	1 tsp. vanilla
1/8 tsp. salt	1/4 tsp. almond extract
2 c. sugar	1 pkg. frozen raspberries
1 Tbsp. vinegar	1/2 pt. whipping cream

SCHAUM TORTE (Continued)

Beat egg whites and salt until stiff. Beat in sugar gradually. Add vinegar and flavorings. Bake in ungreased 8 x 8 inch glass pan at 275 degrees for 45 minutes. Turn off oven. Leave door ajar and continue to cool until heat is out of oven. Remove crust from top and set aside. When ready to serve, thaw and drain fruit. Whip cream. Cut torte into squares. Spoon on fruit, then cream and top with crumbled crust.

Jackie Raw

CHERRY TORTE

16 graham crackers	1/2 c. sugar
1/2 c. butter	2 eggs
1/2 c. sugar	1 can cherry pie filling
1 (8 oz.) pkg. Philadelphia cream cheese	

Crush crackers, melt butter. Mix crumbs and 1/2 cup sugar. Pat mixture on bottom of 9 x 9 inch pan. Beat cream cheese until smooth, add 1/2 cup sugar, add eggs one at a time, beating after each addition. Beat until smooth. Pour over the crumbs and bake 25 minutes at 325 degrees. Cool, then spoon cherry pie filling on top. Chill 3 hours or overnight. Serves 8 to 9.

Mrs. Ray Meyersick

ALMOND TORTE

1/2 c. sugar	1 c. Igleheart's Upright all
1/2 c. shortening	purpose flour
4 eggs	2 tsp. baking powder
5 Tbsp. milk	1/4 tsp. salt

Cream together sugar and shortening until fluffy. Beat egg yolks one at a time. Sift flour, measure and sift again with baking powder and salt. Add to creamed mixture alternately with milk. Spread batter evenly in two well greased 8 or 9 inch layer cake pans and cover with following mixture:

4 egg whites	1 c. sugar
pinch salt	1 tsp. vanilla
2/3 c. slivered almonds	

Beat egg whites until stiff, adding the salt during beating. Gradually beat in sugar and when stiff peaks form, add vanilla. Spread evenly over batter and sprinkle with slivered, blanched almonds. Bake in slow 325 degree oven for 30 minutes or until batter is cooked and meringue is golden brown. Put together with

ALMOND TORTE (Continued)

1/2 pint whipping cream. Spread cream between bottom sides of layers, thus ending with the meringue and nuts on both bottom and top. Cut in wedges and serve with wedge lying on its side for most eye appeal.

Marjorie Koeppen

APPLESAUCE TORTE

2 c. thick applesauce	3 eggs
1 1/3 c. ground almonds	whipped cream
1 1/2 Tbsp. powdered sugar	

Pour applesauce into a buttered baking dish. Mix together sugar and almonds. Separate eggs and beat egg yolks into above mixture, one at a time. Beat egg whites until stiff and combine with the beaten yolks. Pour the combined mixture over the applesauce and bake, about 1/2 hour at 400 degrees. Serve the dessert warm with whipped cream.

Mrs. J. W. Pope

ICEBOX PUDDING

10 graham crackers, rolled lightly	15 dates, cut in pieces
10 marshmallows, cut in pieces	1/2 pt. cream, whipped
	1 small bottle maraschino cherries

Add all ingredients together and mix well. Remove from bowl and put on wax paper covered with graham cracker crumbs. Shape as a log by patting and rolling in cracker crumbs. Put in icebox overnight. Serve with whipped cream and cherries or cubed pineapple on top.

Twila Campbell

FROZEN ANGEL DESSERT

2 eggs, separated	1 Tbsp. grated lemon rind
1 c. graham cracker crumbs	1/2 c. lemon juice
6 Tbsp. sugar	1 c. Baker's Angel Flake coconut
1 can Eagle Brand sweetened condensed milk	3 Tbsp. melted butter

Combine graham cracker crumbs with 2 tablespoons sugar and melted butter. Press mixture on bottom and sides of lightly buttered refrigerator tray; chill. Beat egg yolks until thick. Combine with sweetened condensed milk. Stir in lemon rind and juice gradually until thick. Stir in 1 cup coconut. Beat egg

FROZEN ANGEL DESSERT (Continued)

whites until stiff but not dry. Gradually beat in rest of sugar. Fold into lemon mixture. Pour into tray. Sprinkle top with remaining coconut. Chill in freezer until firm, about 4 to 6 hours. Garnish, if desired, with whipped cream.

Leta Newquist

LUSCIOUS DESSERT

1 c. Marshmallow Creme	1 c. drained, crushed pineapple
2 Tbsp. lemon juice	1 c. stiffly beaten cream

Thin a cup of Marshmallow Creme with 2 tablespoons lemon juice, adding a little at a time. Fold in drained, crushed pineapple and cream that has been stiffly beaten. Freeze in refrigerator tray without stirring.

Kathryn Ramey

FROZEN LEMON CRUNCH

Filling:

1 c. canned milk	1/2 c. sugar
1/3 c. lemon juice	1/2 tsp. salt
2 eggs	1 Tbsp. grated lemon rind

Crunch Topping:

1/2 c. finely crushed corn flakes	2 Tbsp. melted butter
	3 Tbsp. sugar

Chill milk in refrigerator until soft ice crystals form around edge of tray. Whip until stiff - about 1 minute. Add lemon juice and whip until very stiff. Beat eggs, 1/2 cup sugar and salt until thick and creamy, about 4 minutes. Fold in whipped milk and grated lemon rind. Spoon into 1 large or 2 small pans. To make topping, mix corn flakes, butter and 3 tablespoons sugar in bowl. Sprinkle over top - freeze until firm.

Flossie Hibbard

FROZEN LEMON PUDDING

1 1/2 c. rolled vanilla wafer crumbs	3 Tbsp. cornstarch
1/3 c. melted butter or oleo	1/4 c. lemon juice
1 c. sugar	1 tsp. grated lemon rind
2/3 c. boiling water	3 eggs
	1 Tbsp. butter
	1 c. whipping cream

FROZEN LEMON PUDDING (Continued)

Blend crumbs and butter. Press half of this mixture in bottom of refrigerator tray. Combine cornstarch with a little water. Add boiling water and cook over direct low heat, stirring constantly until thick and clear. Pour hot mixture over slightly beaten egg yolks, add butter and cook 2 minutes longer. Cool. Fold in rind, lemon juice, stiffly beaten egg whites and the whipped cream. Pour into crumb lined tray, top with remaining crumbs. Freeze rapidly and cut into squares to serve. Serves 8 or more.

Mrs. Hugh H. Brown

MARSHMALLOW ICEBOX TREAT

- | | |
|-----------------------------------|------------------------|
| 2 c. miniature marshmallows | 1 c. crushed pineapple |
| 2 c. rolled graham cracker crumbs | 1 tsp. vanilla |
| | pinch of salt |
| | 1/2 c. chopped nuts |

Mix ingredients thoroughly, then pack in greased mold. Chill 12 hours. Remove from mold - serve with whipped cream topping. Doubled will serve 12 people.

Mrs. Bud Wishart

ICE CREAM PIE

- | | |
|-----------------------|---|
| 24 large marshmallows | 2 sq. baking chocolate (frozen or fresh fruit may be substituted) |
| 1/4 c. milk | |
| 1 c. whipping cream | |

In double boiler combine marshmallows, milk and chocolate. Heat and stir occasionally until melted. Set aside to partially cool. Whip cream quite stiff and fold into marshmallow mixture. A little vanilla may be added to taste. Chill in refrigerator until set, about 2 hours. If using fruit instead of chocolate, fold in with cream. Makes one large or two small pies.

Crust:

- | | |
|--------------------|------------------------------------|
| 20 to 22 crackers | 6 Tbsp. melted butter or margarine |
| 2 to 4 Tbsp. sugar | |

Crush crackers very fine, add sugar. Mix in butter or margarine. Press firmly into sides and bottom of 9 inch pie pan. Can be baked either in 325 degree oven for 7 minutes or chilled 1 hour before filling. If baked - cool before filling.

Roberta Campbell

PINEAPPLE ICEBOX DESSERT

2 boxes lemon jello	1 pt. whipping cream
2 full c. marshmallows	1 c. ice water
1 large can crushed pineapple	2 c. hot water
1 c. pineapple juice	1 c. sugar
(from canned pineapple)	graham crackers

Dissolve jello in hot water, add sugar. Add cold water and juice which has been drained from can of pineapple. Set in refrigerator until it is jellied. Whip cream, add diced marshmallows (or use small ones), pineapple and mix gently. Fold the two mixtures together. With a rolling pin, mash enough graham crackers to sprinkle over the bottom of a 13 x 9 x 2 inch baking dish (also enough to sprinkle over top of the filled dish). The dish will be very full and you may want thinner servings and put some in another dish with the crushed crackers on top and bottom. Chill.

Carol Knopp

APPLE BROWN BETTY

4 c. small bread cubes	1 level tsp. cinnamon or less
1/2 c. melted butter or margarine	1/8 tsp. salt
3/4 c. brown sugar	4 c. cut up apples
	1/2 c. raisins, if preferred

Mix first 5 ingredients together and alternate layers in baking dish. Bake about 1 hour in 375 degree oven. Serves 4 to 6. Serve with cream, ice cream or Lucky Whip.

Katharine Gilliland

ALMOND CRUST CHERRY CREAM PIE

1 stick Betty Crocker instant mixing pie crust mix	1 1/2 c. (15 oz. can) Borden's Eagle Brand condensed milk
1/2 c. slivered almonds, chopped	1/2 c. lemon juice
	1 tsp. vanilla
	1/2 tsp. almond extract
	1/2 c. whipping cream, whipped

Can use graham cracker crust.

Bake pie crust and cool. Combine Borden's milk, lemon juice, vanilla and almond extract. Stir until mixture thickens. Fold in whipped cream and spoon into cooled shell. Top with Cherry Glaze (recipe below). Chill 2 to 3 hours.

ALMOND CRUST CHERRY CREAM PIE (Continued)

Cherry Glaze:

2 c. (1 lb. can) pitted sour cherries, drained	1/4 c. sugar 1 Tbsp. cornstarch
2/3 c. cherry juice	2 to 3 drops red food coloring

Blend cherry juice with sugar and cornstarch. Cook over low heat, stirring constantly until mixture is thickened and clear. Add cherries and food coloring. Spread over cream filling. Chill.

Mrs. Gertrude Narragon

PARADISE PIE

First Layer: Crush about 25 vanilla or graham crackers into crumbs. Cover bottom of pan with crumbs 1/2 inch thick.

Second Layer:

2 c. powdered sugar	1/4 c. butter
4 beaten egg yolks	

A little cream to make the mixture the proper consistency to spread evenly over the crumbs.

Third Layer:

4 beaten egg whites	2 small cans drained, crushed pineapple
1/2 pt. whipping cream	

Pour beaten egg whites into whipped cream and fold together. Add pineapple, fold and spread over the second layer.

Fourth Layer: Put remainder of crumbs over the third layer and chill overnight. Serve in 4 inch squares.

Mrs. Warren Freund

STRAWBERRY GLACE PIE

Lois Hale

2 1/2 c. strawberries	3/4 c. water
3/4 c. sugar	3 Tbsp. cornstarch

Mix 1 1/2 cups fresh, mashed strawberries with sugar, water and cornstarch. Cook, stirring constantly, until thickened. Cool. While cooling, line a baked, cooled pie shell with remaining strawberries (1 cup). Pour filling over berries in shell and chill until set, about 1 hour. Top with whipped cream if desired.

MILE-HIGH STRAWBERRY PIE

1 (10 oz.) pkg. frozen strawberries	1/8 tsp. salt
1 c. sugar	1/2 c. whipping cream
2 egg whites	1 tsp. vanilla
1 Tbsp. lemon juice	1 (10 inch) baked pie shell

Place defrosted strawberries, sugar, egg whites, lemon juice and salt in large bowl of electric mixer. Beat at medium speed for 15 minutes or until mixture is stiff and holds its shape. Whip the cream, add vanilla and fold into strawberry mixture. Pile lightly into baked shell. Freeze several hours or overnight. Garnish with strawberries, if desired.

Mrs. Cleo Barrows

APRICOT PARFAIT PIE

1 c. apricot or orange juice	1 pkg. orange jello
------------------------------	---------------------

Heat juice to boiling, remove from heat. Add jello, stir until dissolved. Add 1 pint vanilla ice cream, cut into hot liquid until melted. Blend in 1 cup apricot pulp; mix well. Chill until thickened, but not set - 25 to 30 minutes. Turn into 9 inch crust. Chill until firm - 1 hour. Top with whipped cream.

Mrs. Joe Cole

PECAN PIE

3 eggs	4 Tbsp. melted butter
1/4 c. sugar	1/4 tsp. salt
1 c. Karo syrup	1 c. pecan meats
1 unbaked pie shell	

Beat eggs slightly. Add sugar, syrup, and vanilla, melted butter and salt. Blend well, then add pecan meats, broken into large pieces. Pour into an 8 inch unbaked pie shell. Bake in a hot oven 15 minutes. Reduce heat to moderately slow, 350 degrees, and continue baking 30 minutes longer or until a knife inserted in filling comes out clean.

Ruby Lane

SOUR CREAM RAISIN PIE

1 c. sugar	2 eggs, beaten
1/2 tsp. cinnamon	1 c. dairy sour cream
1/2 tsp. cloves or allspice	2 Tbsp. vinegar
1/4 tsp. salt	1 c. seedless raisins
1 unbaked 9 inch pie shell	

SOUR CREAM RAISIN PIE (Continued)

Combine sugar, spices, salt and eggs; mix well. Blend in sour cream and vinegar. Add raisins and mix. Pour in pie shell. Bake at 350 degrees for 1 hour or until set. Let cool at room temperature.

Mrs. Harry Main

ORANGE CHIFFON PIE

4 c. corn flakes
1/4 c. sugar

1/3 c. melted butter or margarine

Crush corn flakes into fine crumbs. Add sugar and melted butter; mix well. Press evenly and firmly around sides and bottom of 9 inch pie pan; chill.

Filling:

1 envelope unflavored
gelatin in 1/4 c. cold
water
4 eggs

1 c. sugar
1/4 tsp. salt
1/2 c. orange juice
2 tsp. grated orange rind

Beat egg yolks. Add 1/2 cup sugar, salt and orange juice and rind. Cook over hot water until thick, stirring constantly. Remove from heat and dissolve softened gelatin in hot mixture; cool. Beat 4 egg whites until stiff, then add the 1/2 cup sugar. When first mixture begins to thicken, add egg whites and pour in pie shell. Serve with whipped cream or Dream Whip.

Irene Rockwell

WASHINGTON NUT PIE

3 eggs
1/2 c. white sugar
4 Tbsp. melted butter
1 tsp. vanilla

1/4 tsp. salt
1 c. white Karo syrup
1/2 c. nuts

Beat eggs gradually, add sugar, butter, syrup and salt. Slowly fold in nuts. Sprinkle some nuts on top. Bake at 375 degrees for 15 minutes. Reduce heat to 325 degrees and cook until set.

Mrs. Courtney Phelps

FRESH PEAR PIE

6 c. sliced pears
1 1/2 Tbsp. lemon juice

2/3 c. sugar
1/2 tsp. ginger

FRESH PEAR PIE (Continued)

3 Tbsp. Igleheart's	1/2 c. brown sugar
Upright all purpose flour	1 c. Igleheart's Upright all
1/2 c. butter	purpose flour
	1 unbaked pie shell

Chill the pie shell. Sprinkle pears with lemon juice, add sugar, 3 teaspoons flour and ginger and place in pie shell. Blend brown sugar, butter and remaining flour together with knives or pastry blender. Sprinkle over pears. Bake at 450 degrees 10 minutes, reduce heat to 350 degrees and bake for 35 minutes longer.

Mrs. George Johnston

FRESH PEACH PIE

3/4 c. water	1 Tbsp. lemon juice
1 c. sugar	1 pinch salt
3 Tbsp. cornstarch	9 inch pie crust
1 Tbsp. butter	

Dice 1 cup peaches, add water and cook 4 minutes. Mix sugar and cornstarch and add to fruit mixture. Cook until thick and clear. Add lemon juice, salt and butter; cool. Arrange fresh peach slices in the pie crust, cover with cooled mixture. Chill and serve with whipped cream.

Mrs. Duncan Wilson

OPEN FACE PEACH PIE

Filling:

2 Tbsp. butter	14 fresh peach halves, cut into
3/4 c. brown sugar	fourths
1/3 c. Igleheart's	1/4 c. water or peach juice
Upright all purpose flour	

Mix together, butter, sugar and flour thoroughly. Sprinkle half of this over the pie crust. Place peaches in pie dish and cover with remainder of mixture and add the water. Bake at 375 degrees for 35 minutes.

Betty Duff

RHUBARB CREAM PIE

Melt 1 tablespoon butter in pan. Add:

2 c. rhubarb	1 c. sugar
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RHUBARB CREAM PIE (Continued)

Cook slowly until sugar melts and rhubarb is soft. Mix:

1/4 c. sugar	1/4 c. thick, sweet cream
2 Tbsp. cornstarch	2 well beaten egg yolks
few grains salt	

Add to cooked mixture and cook until thick. Pour into baked shell and cover with meringue.

Lila Myers

RHUBARB CUSTARD PIE

1 1/2 c. fresh rhubarb	3 Tbsp. Igleheart's Upright
3 egg yolks	all purpose flour
1 1/2 c. sugar	1/4 tsp. salt

Cut rhubarb up in small pieces and put in unbaked pie shell. Beat egg yolks, add sugar, flour and salt. Spread over rhubarb and bake at 325 degrees about 1/2 hour or until custard is set. Top with meringue and bake 10 minutes.

Winnie Holmes

VINEGAR MERINGUE PIE

1 1/4 c. sugar	2 Tbsp. grated lemon rind
3 Tbsp. Igleheart's	1/3 c. vinegar
Upright all purpose flour	1 Tbsp. butter or margarine
3 Tbsp. cornstarch	1 (9 inch) baked pie shell
1/8 tsp. salt	3 egg whites
2 c. boiling water	6 Tbsp. sugar
3 egg yolks	

Combine 1 1/4 cups sugar, flour, cornstarch and salt in top of double boiler. Gradually stir in water. Cook until mixture thickens - about 10 minutes. Beat egg yolks, add rind, juice and butter. Add cooked mixture slowly, return to double boiler. Cook about 5 minutes longer, stirring constantly. Cool slightly; pour into baked pie shell.

Make meringue by beating egg whites until stiff, add 6 table-spoons sugar gradually, beating until mixture is stiff and glossy. Pile lightly over cooled filling, spreading completely to edge of pastry. Bake in slow 325 degree oven 20 to 25 minutes or until lightly browned.

Mrs. T. B. Simonton

UPSIDE DOWN APPLE PIE

5 Tbsp. softened butter	1 Tbsp. Igleheart's Upright
2/3 c. pecan halves	all purpose flour
(walnuts or nuts of your	1/2 tsp. cinnamon
choice)	1/2 tsp. nutmeg
2/3 c. brown sugar, packed	1/4 tsp. salt
6 c. sliced apples	pastry for two crust 9 inch pie
1/3 c. brown sugar, packed	(deep pan)

Spread softened butter evenly over bottom of pan and lightly on sides. Arrange nuts in pretty pattern round side and down on bottom and sides. Sprinkle the 2/3 cup brown sugar over nuts and pat down gently - do not disturb nuts. Over this put bottom crust as though making usual apple pie. Mix apples with next 5 ingredients and fill crust (pie is better if filling is not loose - put rather tightly in crust). Put on top crust, crimp and trim edges for a good seal. Prick top crust. Bake 10 minutes at 450 degrees, then 30 to 45 minutes at 350 degrees or until apples are tender - recommend cookie sheet or foil under pie plate to catch drips. Remove pie from oven as soon as syrup stops bubbling. Place large plate over pie and invert quickly. Let stand a few minutes and then remove pie pan carefully. Serve pie warm or cold with vanilla or butter-pecan ice cream.

Mrs. Jack Wasson

SWEET POTATO PIE

1 1/2 c. yams, boiled	1/2 tsp. salt
and mashed, or canned	2 Tbsp. melted butter or oleo
3 eggs	1 c. milk
1/2 c. sugar	1/2 tsp. lemon extract
1/4 tsp. cinnamon	1 (9 inch) unbaked pie shell
1/4 tsp. nutmeg	

Beat eggs well and add sugar, spices and salt. Add yams and mix well. Stir in melted butter or oleo, then add milk and lemon extract. Mix thoroughly. Pour into unbaked pie shell and bake in hot 400 degree oven for 15 minutes, reduce heat to 375 degrees and bake about 30 minutes longer, or until silver knife inserted comes out clean.

Mrs. John Murphy

LEMON PIE

1/2 c. water	1 1/2 c. water
7 Tbsp. cornstarch	1 1/4 c. sugar
3 egg yolks, well beaten	juice and rind of 1 lemon
1 Tbsp. butter	3 egg whites
	6 Tbsp. sugar

LEMON PIE (Continued)

Mix the 1/2 cup water and cornstarch to a paste. Combine 1 1/2 cups water and the 1 1/4 cups sugar in top of a double boiler and bring to a boil over direct heat. Add cornstarch paste and cook until mixture thickens, stirring continually. Return to the double boiler and cook 15 minutes until smooth. Pour some of this over beaten egg yolks and return to double boiler and cook 1 minute. Add lemon juice and butter and mix. Let cool before filling baked pie shell. Cover with a meringue made with the egg whites and 6 tablespoons sugar. Bake in a moderate oven until a golden brown.

Mrs. George Temple

FRENCH MINT PIE

1 c. butter

2 c. powdered sugar

Using electric beater beat butter and powdered sugar until very light. Add, one at a time, beating thoroughly after each addition:

4 sq. unsweetened chocolate

1 tsp. peppermint flavoring

2 tsp. vanilla flavoring

4 whole eggs

1/2 c. finely chopped nut meats

Beat well again. Crush vanilla wafers to make 2 cups fine crumbs. Put half the crumbs in bottoms of 18 cupcake liners - in cupcake pans to help hold shape. Fill with mixture. Spread tops smoothly and add rest of crumbs. Freeze. This may be stored for months in your freezer. When serving, garnish tops with a dollop of whipped cream. Serves 18.

Beth Underwood

CHOCOLATE PIE

1 envelope Knox gelatin

1/4 c. cold water

Mix gelatin and cold water.

1/2 c. boiling water

1 c. sugar

2 sq. unsweetened chocolate

1/4 tsp. salt

4 eggs

1 tsp. vanilla

Mix boiling water with chocolate until smooth. Add softened gelatin to this mixture. Stir until dissolved. Add slightly beaten egg yolks. Add 1/2 cup sugar, salt and vanilla. Beat egg whites, and add to beaten whites the balance of the sugar (1/2 cup) a little

CHOCOLATE PIE (Continued)

at a time. Fold chocolate mixture into beaten egg whites. Put into baked pie shell and serve with whipped cream. Shave a little bitter chocolate on top of the whipped cream.

Madeleine Korvola

FRENCH SILK CHOCOLATE PIE

1/2 c. butter or margarine	2 eggs
3/4 c. sugar	1 tsp. vanilla
1 sq. (1 oz.) chocolate	8 inch pie shell, baked

Cream butter, add sugar gradually, creaming well. Blend in chocolate, melted and cooled, and vanilla. Add eggs, one at a time, beating 5 minutes after each addition (with electric mixer use medium speed). Turn into pie shell. Chill 1 to 2 hours. Before serving, top with whipped cream and walnut halves, if desired.

Mrs. Harry Snow

** EXTRA RECIPES **

Give no more to every guest,
Than he's able to digest,
Give him always of the prime,
And but little at a time.



Cakes - Frostings

BAKING HINTS

Creaming Butter and Sugar: In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

After using the oven, leave the door open until oven is cool, so that moisture will not condense and rust the metal.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope. Cut a little piece off the corner.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake.

Do not grease the sides of cake pans. How would you like to climb a greased pole?

To cut a fresh cake use a wet knife.

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds first, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings and such.

When you do not want to heat your oven for a shortcake, make a short biscuit dough with a little sugar added, to a thin batter and bake in a waffle iron.

A good, quick frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla.

To keep crisp cookies crisp, and soft cookies soft, place only one kind in a cookie jar.

Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes a cake very light and shorter. Fresh milk makes cakes close grained and more solid.

For a nice decoration on white frosting, shave colored gum-drops very thin and stick on. They will curl like little roses.

Baking Pans: For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cup cakes at 375 degrees for 18 to 20 minutes; layer cakes at 350 degrees for 30 to 35 minutes, and loaf cakes at 350 degrees for 40 to 45 minutes.

CAKES - FROSTINGS

OLD FASHIONED APPLE CAKE

1/2 c. shortening	2 c. Swans Down cake flour
2 c. sugar	2 tsp. soda
2 eggs	1/2 tsp. salt
6 medium apples, grated	1 tsp. cinnamon
1 c. chopped nuts	1/2 tsp. nutmeg

Cream first 3 ingredients. Add apples; mix in rest of the ingredients. Bake at 350 degrees 45 to 50 minutes.

Mrs. Owen Snowberger

BANANA CAKE

2 1/4 c. sugar	1 1/2 c. walnuts
3 c. Swans Down cake flour	6 Tbsp. sour cream
1 c. shortening	1 1/2 tsp. soda
1 1/2 c. crushed bananas	4 eggs, beaten

Cream shortening, sugar and add bananas, eggs, milk, flour and other ingredients. Sprinkle 1/2 cup nut meats over top of cake batter before baking. Bake at 350 degrees 40 to 50 minutes.

Betty Duff

PERFECTION NUT LOAF CAKE

1/2 c. butter	1 c. milk
1 c. sugar	1/2 tsp. vanilla
1 3/4 c. Collins cookie and pastry flour	3/4 c. walnuts
3 tsp. baking powder	3 egg whites

Cream butter and sugar. Sift flour and baking powder. Add alternately with milk to creamed butter and sugar. Beat 2 minutes or until mixed thoroughly. Add vanilla and walnuts and beat 3 minutes. Fold in beaten egg whites. Bake in an oiled layer cake pan 50 minutes at 350 degrees.

Myrle Jensen

WALNUT SCHOOL LUNCH CAKES

1/2 c. brown sugar	1/2 tsp. cinnamon
1/2 c. white shortening	1/3 tsp. cloves
1/2 c. boiling water	1/3 tsp. nutmeg
2 Tbsp. molasses	1/3 tsp. salt
2 c. Swans Down cake flour	1 tsp. soda

WALNUT SCHOOL LUNCH CAKES (Continued)

Cream shortening, sugar and salt together. Add water and molasses. Sift dry ingredients and add. Drop from teaspoon on greased cookie sheet. Press half walnut meat into each cake and bake in moderate oven from 10 to 12 minutes. Makes about 20 cakes.

Mrs. Lynn Ranney

HARVEST DELIGHT CAKE

1 c. Wesson oil	1 c. finely chopped nuts
1 1/2 c. sugar	1/2 tsp. cloves
3 eggs	2 tsp. allspice
2 1/2 c. Swans Down cake flour	1 tsp. salt
1 c. buttermilk	1 tsp. nutmeg
1 c. diced, cooked, dried prunes	1 tsp. soda

Beat together Wesson oil and sugar. Add eggs and beat until smooth. Sift together all dry ingredients and add alternately with milk. Stir in prunes and nuts. Bake in greased angel pan 1 hour, 10 minutes or longer at 300 degrees.

Frosting:

1/2 c. buttermilk	1 cube butter
1 c. sugar	1/2 tsp. vanilla
1/2 tsp. soda	1 Tbsp. white Karo syrup

Boil together to soft boil stage. Pour over cake while warm in pan. Freezes and keeps well.

Ada Sacrison

DESSERT SPICE CAKE

1/2 c. sugar	1 tsp. cinnamon
1/4 c. butter or margarine	1/2 tsp. cloves
1/4 c. molasses	1/2 tsp. ginger
1 egg, well beaten	1/2 tsp. nutmeg
1/2 c. boiling water	1/2 tsp. salt
1 c. Igeheart's Upright all purpose flour	1 level tsp. soda

Cream butter and sugar; add molasses and beaten egg. Sift flour, spices, salt and soda together. Add alternately to creamed mixture the boiling water and flour mixture. Bake in greased pan about 25 minutes or until done. Spread on any icing, or good with lemon sauce or whipped cream.

Mrs. Gertrude Shaw

DATE CAKE

1 pkg. dates
2 c. boiling water

2 level tsp. soda

Cut dates in pieces, cover with boiling water and add soda.
Let cool and add:

2 c. sugar	2 eggs
2/3 c. butter	pinch of salt
1 c. nuts	vanilla
2 1/2 c. Swans Down cake flour	

When this mixture is mixed smoothly, bake in a large loaf pan at 325 degrees for 45 to 55 minutes.

Georgia B. Johnson

OATMEAL CAKE

1 c. rolled oats	1 1/2 c. boiling water
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Combine above and set aside.

1 c. brown sugar	1 c. white sugar
1/2 c. shortening	2 eggs

Cream above. Mix and add:

1 tsp. soda	1 tsp. salt
1 tsp. cinnamon	1 tsp. vanilla
1 1/2 c. Swans Down cake flour	1 tsp. baking powder

Bake in a moderate 350 degree oven until done - 20 to 35 minutes.

Frosting:

5 Tbsp. butter	1/2 c. nuts
2/3 c. brown sugar	1/2 c. coconut
1/2 c. cream	

Melt butter, add other ingredients. Pour on hot cake, place under broiler until it bubbles or bring to a boil and pour on the cake.

Margaret Melton

BROWN SUGAR CAKE

2 1/2 c. Swans Down cake flour	2/3 c. shortening
1 2/3 c. brown sugar, firmly packed	1 tsp. salt
	3/4 c. milk

Mix 2 minutes at medium speed and add:

3 tsp. baking powder	3 eggs
1/2 c. milk	1 tsp. vanilla

Blend another 2 minutes. Bake 35 minutes at 375 degrees.
Mrs. George Garrett

APPLESAUCE CAKE (Or Cookies)

1 c. sugar	1/4 c. currants dredged with 2 Tbsp. Swans Down cake flour
3 tsp. cinnamon	2 1/2 c. Swans Down cake flour
1 tsp. cloves	1/2 c. melted butter or cooking oil
2 c. unsweetened apple- sauce (or one small can), mixed with 2 tsp. soda	1 tsp. vanilla
3/4 c. raisins	pinch salt

(For Christmas cake, nuts of any kind, mixed fruit and other flavoring can be added. This will make either cake or cookies.)

Measure ingredients in order given in a bowl. Beat vigorously. Bake in well greased loaf tin at 350 degrees for an hour. This will keep fresh and moist for at least 2 weeks if well wrapped in foil.

Mrs. Donald W. George

UPSIDE DOWN CAKE

1 1/4 c. sifted Swans Down cake flour	1/2 c. sugar
1/4 tsp. salt	1 egg, well beaten
2 tsp. baking powder	1/2 c. milk
4 Tbsp. shortening	1 tsp. vanilla

Sift flour, add baking powder and salt. Cream butter and add sugar; cream together. Add egg, then flour alternately with milk. Add vanilla. Melt 1 tablespoon butter in 8 inch iron skillet or in 8 x 8 inch cake pan. Add brown sugar and stir until melted. On this place pineapple and sprinkle nuts. Pour in cake batter. Bake in moderate 325 degree oven for 40 minutes. Serve with

UPSIDE DOWN CAKE (Continued)

whipped cream. This can be used with any fruit. Fresh rhubarb is great. Also peaches or any kind of berries.

Lila Myers

WIND CAKE

1 1/2 c. sifted Swans Down cake flour	1 1/2 c. sugar
1/4 tsp. salt	1/2 c. cold water
1/2 tsp. baking powder	3/4 tsp. cream of tartar
5 eggs, separated	1/2 tsp. almond or other extract

Sift flour, salt and baking powder together. Beat egg yolks, add water and beat well, then add sugar and beat until sugar is dissolved. Add flour, beating well. Lastly fold in egg whites and extract. Add cream of tartar to egg whites and when they are half beaten, add. Bake in greased tube pan 1/2 hour at 300 degrees and for 1/2 hour at 350 degrees.

Mrs. Ralph Shaw

NOUGAT CAKE

2 c. light brown sugar	2 c. Swans Down cake flour,
1/2 c. butter or shortening	sifted twice
2 eggs, beaten	3 Tbsp. chocolate
1 c. sour milk or butter- milk.	1 c. chopped dates
1 tsp. soda, dissolved in buttermilk	1 c. nuts
	dessert spoon vanilla

Cream sugar and butter together until creamy. Add the beaten eggs. Dissolve soda in buttermilk. Sift flour twice. Add 3 tablespoons chocolate and sift again. Flour dates in some of the measured flour. Add nuts and vanilla. Alternate flour and liquid in mixing. Bake in layers at 350 degrees 30 to 40 minutes.

Filling:

1 c. milk	1 egg, beaten
1/2 c. sugar	1 Tbsp. cornstarch
piece butter	1 tsp. vanilla

Cook until thick enough to spread between layers. Frost with seven minute icing.

Edith McCormack

HAWAIIAN CAKE

(Low Cholesterol)

2 c. sifted Swans Down cake flour	1/4 c. water
1 1/2 c. sugar	1 c. crushed pineapple with juice
2 1/2 tsp. baking powder	6 Tbsp. corn oil
1/4 tsp. salt	1 tsp. almond flavoring
	3 egg whites

Blend mixed liquid ingredients with sifted dry ingredients. Fold in stiffly beaten egg whites. Bake at 350 degrees about 30 minutes in a well oiled 8 x 8 inch pan.

Mrs. Royal Cambers

FIESTA CAKE

1 cube margarine	1 tsp. nutmeg
1 egg	1 tsp. salt
1 tsp. soda	1 c. sugar
1 tsp. cinnamon	1 c. Swans Down cake flour

Sift dry ingredients together. Cream sugar and margarine. Add beaten egg and dry ingredients; beat well. Add one #3 can fruit cocktail, drained. Bake at 350 degrees 1 hour in loaf pan. May be served with whipped cream or a sauce.

Mrs. Emily Hart

ORANGE SLICE CAKE

3 1/2 c. Swans Down cake flour	2 c. sugar
1/2 tsp. salt	4 eggs
1 c. margarine	1 tsp. soda in 1/2 c. buttermilk

Combine:

1 lb. orange slice candy, cut up	2 c. walnuts
1 (8 oz.) pkg. pitted dates, chopped	1 (7 oz.) pkg. coconut
	1/2 c. flour mixture

Cream margarine, add sugar, cream until fluffy. Add eggs one at a time. Add buttermilk and soda alternately with flour mixture. Blend well. Add candy mixture; mix well. Turn into large tube pan that has been greased and floured. Bake in slow 300 degree oven 2 hours. Remove from oven. Combine:

1 c. orange juice	2 c. confectioners sugar
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ORANGE SLICE CAKE (Continued)

Pour over hot cake; cool. Let stand in refrigerator overnight before removing from pan.

Lois Burnett

ORANGE KISS ME CAKE

1 large orange (pulp and rind)	1 tsp. salt
1 c. raisins	1 c. sugar
1/3 c. walnuts	1/2 c. shortening
2 c. Swans Down cake flour	3/4 c. milk
1 tsp. soda	2 eggs, unbeaten
	1/4 c. milk

Grind together orange, raisins and walnuts and set aside. Sift together flour, soda, salt and sugar. Now add shortening and milk. Blend at low speed, then beat for 2 minutes at medium speed. Add 2 unbeaten eggs, milk and beat 2 minutes. Now fold orange, raisin and nut mixture into batter. Pour into well greased and floured 12 x 8 x 2 inch or 13 x 9 x 2 inch pan. Bake at 350 degrees for 4 to 5 minutes. Dip 1/3 cup orange juice over warm cake. Combine 1/3 cup sugar, 1 teaspoon cinnamon and 1/4 cup chopped nuts and sprinkle over cake.

Mrs. James Harvey

SOUR CREAM CAKE

1 c. sour cream	1 tsp. soda
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Whip until thick. Add:

2 eggs, beaten	1 c. sugar
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Sift and add all at once:

1 3/4 c. Swans Down cake flour	1 tsp. salt
1 tsp. baking powder	1 tsp. cinnamon
	1/2 tsp. nutmeg

Bake for 30 minutes at 350 degrees in a 10 x 10 inch pan, then add topping and bake 15 minutes more.

Topping:

4 Tbsp. butter	1 c. coconut
1 c. nuts	2/3 c. brown sugar
3 Tbsp. sweet cream	

SOUR CREAM CAKE (Continued)

Blend over low heat, pour on cake and bake.

Mrs. Stanley E. Allen

MASHED POTATO CAKE

2 c. Swans Down cake flour	1 3/4 c. sugar
2 tsp. baking powder	3/4 c. butter
2 tsp. cinnamon	1/2 c. milk
1/2 tsp. nutmeg	2 eggs
2 sq. chocolate, melted	1 c. warm mashed potatoes
	1 c. nut meats

Cream butter and sugar. Add beaten egg yolks, then the potatoes, chocolate and nuts. Stir well. Add alternately milk and dry ingredients, which have been sifted together. Fold in beaten egg whites. Bake at 375 degrees.

Mrs. Marion Finch

SUNSHINE CAKE

7 egg yolks	1 tsp. cream of tartar
1 c. sugar	1 tsp. vanilla
1 c. Swans Down cake flour	7 egg whites

Beat egg whites with cream of tartar, add sugar gradually, then well beaten egg yolks, flour and flavoring. Bake in tube pan at 350 degrees for 45 minutes.

Filling and Frosting:

1 c. scalded milk	1 egg
1/2 c. sugar	1 Tbsp. cornstarch

Mix sugar and cornstarch together. Add milk and beaten egg. Cook in double boiler until thick. Remove from heat and cool.

1 c. butter	1 Tbsp. lemon juice
1 1/2 c. powdered sugar	6 eggs, separated
2 Tbsp. grated orange peel	

Cream butter and sugar well. Add juices slowly. Add one egg yolk at a time. Beat well after each addition. Add cooled custard and beaten egg whites.

Cut cake in half and put filling between and all over outside of cake. Keep cake in refrigerator for 6 hours before cutting.

Ann Hummell

POUND CAKE

1 c. butter	3 c. sifted Swans Down cake flour
2 c. sugar	1/2 tsp. soda
4 eggs	1/2 tsp. baking powder
1 tsp. vanilla	3/4 tsp. salt
1 tsp. lemon extract	1 c. buttermilk

Cream butter and sugar thoroughly. Beat in eggs, one at a time; beat at medium speed with electric mixer for 2 1/4 minutes. Add flavorings. Sift dry ingredients together, add to egg mixture alternately with buttermilk. Beat 3 1/2 minutes at medium speed. Place in greased 10 x 5 x 3 inch loaf pan. Bake in 325 degree oven 1 hour and 10 minutes, or until done. Dust with confectioners sugar.

These new, long, angel food pans are a good size.
Mrs. Ed Hoeft

ONE EGG CAKE

4 Tbsp. shortening	2 1/2 tsp. baking powder
1 c. sugar	1/2 c. milk
1 egg	1 tsp. vanilla extract
1 1/2 c. Swans Down cake flour	

Melt the shortening, add sugar and cream together thoroughly. Add the beaten egg. Mix and sift dry ingredients and add alternately with the milk. Add flavoring. Put in layer or loaf cake tins and bake in a moderate oven - layers, 375 degrees 20 minutes, loaves, 350-375 degrees 45 to 60 minutes.

Thelma M. Simonton

APPLESAUCE CAKE

1/2 c. shortening	1/2 tsp. cinnamon
1 c. brown sugar	1/2 tsp. allspice
1 c. applesauce	1/2 tsp. nutmeg
2 c. Swans Down cake flour	1 c. raisins
1 tsp. soda	1/2 c. walnut meats
2 eggs	

Cream sugar and shortening. Add applesauce and well beaten eggs. Add remaining ingredients. Bake at 350 degrees.

For icing, use powdered sugar mixed with coffee, add a little butter and vanilla.

Mrs. Edith Montgomery

SPONGE CAKE

3 egg yolks, well beaten	1 1/2 c. Swans Down cake flour
1 1/2 c. sugar	1 1/2 tsp. baking powder
3/4 c. cold water	3 egg whites
1 tsp. vanilla	

Add sugar to well beaten egg yolks. Add cold water a little at a time. Add vanilla and cake flour. Combine baking powder and egg whites; beat stiff. Fold into egg yolk mixture. Bake in ungreased 13 x 9 x 2 5/8 inch pan at 350 degrees for 40 to 45 minutes.

Mrs. John Swehla

CHERRY CHIFFON CAKE

2 c. sifted Igleheart's	1 tsp. vanilla
Upright all purpose	1 Tbsp. lemon juice
enriched flour	1/2 c. finely chopped maraschino
1 1/2 c. sugar	cherries
3 tsp. salt	1 c. egg whites
2/3 c. cooking oil	1/2 tsp. cream of tartar
3/4 c. liquid (2 Tbsp.	2 egg yolks, unbeaten
maraschino cherry juice, plus water to fill cup to the 3/4	
mark)	

Sift together dry ingredients. Make a well in center and add in order, the oil, egg yolks, liquid, vanilla, lemon juice and chopped cherries. Beat until it forms a smooth batter in a very large mixing bowl. Combine egg whites and cream of tartar. Whip until very stiff, much stiffer than for angel cake or meringue. Pour egg yolk mixture gradually over egg whites, gently folding with rubber scraper. Fold in just until blended, do not stir. Pour immediately into an ungreased 10 inch tube pan. Bake at 325 degrees until it has baked 1 hour and 15 minutes. Cool. Spread top and sides with Fluffy Pink Icing.

Fluffy Pink Icing:

1 large egg white,	1/4 tsp. salt
unbeaten	3 Tbsp. maraschino cherry
1 c. sugar	juice
1/2 tsp. cream of tartar	2 Tbsp. cold water

Combine all ingredients in top of double boiler. Cook over rapidly boiling water until mixture stands in soft peaks. Cool slightly before spreading on cake.

Leta Newquist

CRANBERRY NUT CAKE

1 c. shortening	2 1/2 tsp. baking powder
1 1/2 c. sugar	1/2 tsp. salt
4 eggs	1/2 c. milk
3 c. sifted Swans Down cake flour	2 c. cranberries, chopped
	1 c. chopped pecans

Cream shortening and sugar thoroughly. Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder and salt. Add sifted dry ingredients to creamed mixture alternately with milk, blending after each addition. Fold in cranberries and pecans. Spread in greased and floured 10 inch tube pan. Bake at 350 degrees for 1 hour and 20 minutes. When cool, frost with Cranberry Frosting or dust with powdered sugar.

Cranberry Frosting:

1/2 c. cranberries	1/4 c. butter, softened
1/4 c. water	4 c. sifted confectioners sugar
1 Tbsp. lemon juice	

Combine cranberries and water in small saucepan. Cook, stirring occasionally until berries pop - about 5 minutes. Cool. Blend in lemon juice. Cream butter, add confectioners sugar alternately with cranberry mixture, blending after each addition. Add only enough sugar to make of spreading consistency.

Ada Brewer

DEVIL'S CAKE

Part I:

1 c. dark brown sugar	1/2 c. sweet milk
1/2 c. butter or margarine	3 eggs
2 c. Swans Down cake flour	1 tsp. soda

Part II:

1 c. grated chocolate	1/2 c. sweet milk
2/3 c. dark brown sugar	1 tsp. vanilla

Mix first part of the cake, then boil second part to a thick cream and stir into first part while hot. Bake in layer tins and put together with chocolate icing.

Pauline Kay

RED DEVIL'S FOOD CAKE

1 tsp. vanilla	2 sq. Baker's chocolate
1/2 tsp. salt	1 3/4 c. Swans Down cake flour
1/2 c. butter	1 tsp. soda
1 1/4 c. sugar	1 c. cold water
2 eggs	1/2 tsp. baking powder

Add vanilla and salt to butter and cream until light. Add sugar, then add eggs, one at a time, beating well after each addition. Blend in melted chocolate. Sift together dry ingredients and add alternately with cold water to the creamed mixture; beat thoroughly. Bake in 375 degree oven for about 25 minutes. This will make a nice loaf cake or a two layer.

Mrs. Russell Rasmussen
Pilot Rock, Oregon

CHOCOLATE ROLL

5 egg yolks	1/2 tsp. salt
1 c. powdered sugar	3 Tbsp. cocoa
1/4 c. Swans Down cake flour	1 Tbsp. vanilla
	5 egg whites, beaten stiff

Beat egg yolks well. Add dry ingredients which have been sifted together. Add vanilla. Beat egg whites until stiff and fold into mixture. Line a jelly roll pan with wax paper. Grease and dust with flour. Pour in dough and bake 15 minutes at 350 degrees. Turn out on dish towel that has been sprinkled with powdered sugar. Roll as a jelly roll for a few minutes. Unroll and spread with whipped cream and roll again.

Mrs. Earl Gillanders

COCOA SQUARES

1 c. shortening	1 tsp. vanilla
2 c. sugar	1 c. sour cream
2 eggs	3 c. Swans Down cake flour
1 tsp. salt	1 c. cocoa
1 tsp. soda	

Cream together shortening, sugar, eggs and vanilla. Gradually add sour cream. Sift dry ingredients together and add.

Makes enough for one jelly roll tin and 6 cupcakes, or three 8 inch layers.

Bake at 350 degrees 20 to 25 minutes or until done.

Mrs. Doug Drake

CHOCOLATE CHERRY NUT CAKE

2 c. Swans Down cake flour	1 c. sour milk
1 tsp. soda	1 (8 oz.) bottle maraschino
1/4 tsp. salt	cherries (save juice)
1 c. sugar	1/2 c. nut meats
2 eggs	1 tsp. vanilla
2 sq. chocolate	1/2 c. shortening

Sift dry ingredients. Cream shortening, add sugar and then add eggs. Add vanilla and melted chocolate; blend. Alternately add sifted dry ingredients and milk and 1/3 cup cherry juice. Fold in cherries and nut meats. Bake 30 minutes at 350 degrees for layer cake and 40 minutes for loaf cake.

Frosting:

1 pkg. Philadelphia	2 Tbsp. milk
cream cheese	1 sq. melted chocolate
2 c. powdered sugar	

Blend together.

Bette Hart

FOOL-PROOF CAKE

3 c. Swans Down cake flour	2 c. sugar
1/2 c. cocoa	1 tsp. salt

Sift together 3 times. Put into mixing bowl and add:

2 eggs	1 c. vegetable oil
1 c. sour milk with 1 Tbsp.	
soda	

Mix and add:

1 tsp. vanilla	1 c. hot water
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Bake in moderate oven.

Ellen Hockensmith

FEATHERY CHOCOLATE CAKE

1/2 c. shortening	1 c. sour milk or buttermilk
1 1/2 c. sugar	2 sq. chocolate, melted
1/4 tsp. salt	1 tsp. vanilla
2 eggs	1 tsp. soda
2 c. sifted Swans Down	1 tsp. vinegar
cake flour	

FEATHERY CHOCOLATE CAKE (Continued)

Cream shortening with sugar and salt until creamy. Add melted chocolate. Beat in eggs one at a time. Sift flour, measure and add to creamed mixture alternately with sour milk. Stir in vanilla. Dissolve soda in vinegar and stir in thoroughly. Pour in two 8 or 9 inch layer pans lined with waxed paper. Bake in moderate 350 degree oven for 25 minutes.

Mary Ashbeck

APPLESAUCE CAKE

1 tsp. salt	1/2 c. lard
1 tsp. soda	1 c. applesauce
1 tsp. cinnamon	2 1/2 c. Swans Down cake flour
1 tsp. cloves	1 c. raisins
1 tsp. allspice	1 c. currants
2 dessert spoons chocolate	1 c. nuts
1 c. sugar	

Place sugar and lard in bowl and cream. Add salt. Dissolve soda in applesauce. Add to creamed ingredients. Sift and measure flour. Add half of flour to mixture. Add chocolate to rest of flour. Roll nuts and fruit in part of flour. Add to mixture. Bake as loaf or in layers until it springs back when touched.

Winnie Hart

MAYONNAISE CAKE

1 c. dates, chopped	1 c. mayonnaise
1 c. boiling water	2 c. Swans Down cake flour
1 tsp. baking soda	1 Tbsp. cocoa
1 c. sugar	

Mix dates, baking soda and boiling water and cool. Mix cooled date mixture into flour, cocoa, sugar and mayonnaise. Bake in a greased and floured 11 1/4 x 7 1/2 x 1 1/2 inch pan or similar size for 40 minutes at 325 degrees.

Mrs. L. T. Davenport
Mrs. Harold Smith

BOILED FRUIT CAKE

2 c. sugar	3 1/2 to 4 c. Swans Down cake flour
2 c. water	
2 c. raisins or dates	2 tsp. soda
1 c. shortening	1 tsp. salt
1 c. nuts	1 tsp. cinnamon
1/2 pkg. fruit mix or 2 c. gumdrops or dates mixed	1/2 tsp. cloves or allspice

BOILED FRUIT CAKE (Continued)

Boil and cool sugar, water, raisins or dates and shortening. Be sure shortening does not harden and turn white. Sift dry ingredients. Mix. Add other ingredients. Bake in angel food cake pan at 350 degrees for 45 minutes to 1 hour. Lower temperature to 200 degrees the last few minutes until done.

Mrs. L. A. Stephens

UNCOOKED FRUIT CAKE

10 c. graham cracker crumbs	1 tsp. allspice
1 c. dried prunes, cut fine	1/2 tsp. cloves
1 c. raisins	2 tsp. cinnamon
1 pkg. candied fruit mix	2 tsp. vanilla
1 c. walnuts	1 c. honey
1 tsp. salt	1 c. butter

Cream together honey and butter. Add other ingredients and mix well. Form into one large or three small loaves. Wrap in foil and store in refrigerator.

Lorena Scott

"SPECIAL" CAKE FROSTING

3/4 c. light Karo syrup	6 Tbsp. granulated sugar
2 egg whites	1/4 tsp. cream of tartar
pinch of salt	1 tsp. vanilla

Mix all but vanilla in double boiler. Place over boiling water and begin beating rapidly with electric beater - takes about 6 minutes or until of the consistency to spread. Add vanilla and spread on cake. Does not get crusty - stays soft.

Mrs. Judd Bunnell

REAL GOOD FROSTING

1 c. milk	1 cube margarine
4 Tbsp. Igleheart's Upright all purpose flour	1 c. granulated sugar
1/2 c. shortening	1 tsp. vanilla

Combine milk and flour, mix together until smooth, then cook to boiling point, stirring constantly. Set this mixture aside to become cold. Combine shortening, margarine, granulated sugar and vanilla. Beat together in mixing bowl until creamy. Add the cold milk and flour combination. Beat until fluffy and light. Beating cannot hurt it, but add air for lighter frosting.

REAL GOOD FROSTING (Continued)

Cake must be completely cold when frosted if frosting is to be a success.

Mrs. Kenneth Stanhope

ONE MINUTE FUDGE FROSTING

1 1/2 c. white sugar	1/2 tsp. salt
1/3 c. high grade shorten- ing	1 tsp. vanilla
1/3 c. milk	2 sq. Baker's chocolate, or 3 Tbsp. cocoa

Mix all together except vanilla. Slowly bring to a boil, stirring constantly. Boil 1 minute. Remove from fire; cool slightly. Add vanilla and beat until consistency to spread.

Mrs. Hugh H. Brown

NEVER FAIL BOILED ICING

1 1/2 c. sugar	3 egg whites
1/2 c. water	1 tsp. vanilla
1 1/2 tsp. vinegar	few grains of salt

Boil sugar, water and vinegar until syrup spins a long thread. Beat egg whites stiff, add syrup gradually, beating constantly until frosting holds shape. Add vanilla. Makes enough to fill and frost two 9 inch layers.

Georgia B. Johnson

** EXTRA RECIPES **

Candies o o k i e s



A house should have a cookie jar
for when it's half past three
And children hurry home from school
as hungry as can be,
There's nothing quite so splendid
As spicy, fluffy ginger cakes
And sweet milk in a cup
A house should have a mother
waiting with a hug
No matter what a boy brings home
a puppy or a bug
For children only loiter
when the bell rings to dismiss
If no one's home to greet them
With a cookie and a kiss!!

EMERGENCY SUBSTITUTIONS

Ingredient

Substitution

1 Tbsp. cornstarch (for thickening)	2 Tbsp. flour (approximately)
1 whole egg	2 egg yolks, plus 1 Tbsp. water (in cookies, etc.) 2 egg yolks (in custards and such mixtures)
1 cup fresh sweet milk	1/2 cup evaporated milk plus 1/2 cup water powdered milk plus water (directions on package) 1 cup sour milk or buttermilk plus 1/2 tsp. soda (decrease baking powder 2 tsp.)
1 cup sour milk or buttermilk	1 Tbsp. lemon juice or vinegar plus enough fresh sweet milk to make 1 cup
1 square unsweetened chocolate (1 ounce)	3 Tbsp. cocoa plus 1/2 tsp. shortening
1 cup honey	3/4 cup sugar plus 1/4 cup liquid
1 cup canned tomatoes	about 1 1/3 cups cut-up fresh tomatoes, simmered 10 minutes

DIVINITY

2 1/2 c. sugar	1/2 c. water
1/2 c. corn syrup	1 tsp. vanilla
2 egg whites	1/2 tsp. maple flavoring

Cook sugar, syrup and water until thermometer registers 238 degrees or until it will spin a thread. Gradually pour half of the mixture on the egg whites, which have been beaten stiff. Cook the other half until it hardens when a small amount is tried in cool water. Gradually add this to first mixture. Beat until creamy. Add maple and vanilla. Pour into a greased tin or drop from a spoon.

Mina Burnett

CHOCOLATE FUDGE

4 c. sugar	1 large can canned milk
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Boil together 9 minutes, stirring constantly. Put in large bowl:

1/2 lb. butter	1 to 2 c. walnuts
3 small pkg. chocolate chips	1 Tbsp. vanilla
1 large pkg. marshmallows	

Pour hot mix over ingredients in bowl, stir until marshmallows dissolve. Pour into greased pan and set to cool.

Lila Myers

MAPLE PECAN FUDGE

3 c. sugar	1/4 tsp. vanilla extract
2 Tbsp. brown sugar	1/4 tsp. maple extract
1/2 c. water	1 c. milk
2 Tbsp. butter	1 c. chopped pecans

Combine sugar, brown sugar, water and milk in a saucepan, cook, stirring constantly until sugar dissolves. Continue cooking, without stirring, until syrup reaches 236 degrees or a small amount forms a soft ball in cold water. Remove from heat, add butter and let cool, without stirring, until lukewarm (110 degrees), then beat until mixture thickens and loses its gloss. Quickly mix in nuts. Spread at once in an 8 inch square pan; cut in squares.

Thelma M. Simonton

WALNUT FUDGE (Quick & Easy)

2 c. sugar	1 tsp. vanilla
3 Tbsp. cocoa	1/2 tsp. salt
3/4 c. milk	1 c. chopped walnuts

Mix all ingredients except walnuts. Cook until small amount dropped into a cup of cold water forms a soft ball. Let cool for a few minutes, drop a big piece of butter into it. Butter a platter. Beat fudge until it thickens, then add the walnuts.

Mrs. Owen Snowberger

CARAMELS

2 c. granulated sugar	1 tsp. vanilla
2/3 c. syrup	nuts, if desired
3 c. cream	

Boil sugar, syrup and 1 cup of cream until soft ball stage, then add second cup of cream and cook to soft ball stage. Add third cup of cream and cook to hard ball stage. Stir quite often to keep from burning. Remove from fire, add nuts and vanilla. Pour into buttered pan to cool. When cold, cut into squares.

Mrs. George Luciani

PECAN PRALINES

2 c. sugar	1/2 c. butter or margarine
1 c. brown sugar	1/4 tsp. salt
1 c. canned milk	3 c. pecans

Bring to rolling boil, add pecans and cook to soft ball stage. Remove from fire. Beat until creamy and drop on waxed paper.

Mrs. Bennie Lee Tolar

PEANUT BRITTLE

1 1/2 c. sugar	1 1/2 c. salted peanuts
1 c. white corn syrup	1 tsp. soda
1/3 c. water	1/2 tsp. vanilla
1 Tbsp. butter	

Measure sugar, corn syrup and water into saucepan. Stir until syrup boils. Put in candy thermometer. Boil mixture on high heat to 280 degrees. Reduce heat. Take syrup off burner and add butter, then salted peanuts, stirring rapidly. Return to heat. Cook and stir to 300 degrees. Remove from heat. Add soda (free of lumps) and stir until mixture bubbles up. Add the

PEANUT BRITTLE (Continued)

vanilla and stir. Pour onto two large buttered cookie sheets. Spread thinly. When cool enough to handle, pick up and turn over, stretching it thin.

Hila M. Timm

DATE & PECAN ROLL

2 c. sugar	1 lb. chopped pecans
1 c. cream	1 tsp. cream of tartar
1 lb. dates, chopped fine	

Mix sugar, cream and cream of tartar. Cook to 250 degrees until it will form a soft ball in cold water. Stir in dates and pecans. Roll in wax paper and later cut into slices.

Marge Markgraf

DOUBLE DIVINITY CANDY

Mixture 1:

3 c. sugar	1 c. white corn syrup
3/4 c. water	

Mixture 2:

1 c. sugar	1 tsp. vanilla
3 egg whites, beaten well	1 c. nut meats
1/2 c. water	

Cook mixture 1 without stirring until a firm ball stage is reached. While mixture 1 is cooking, get mixture 2 ready and start cooking. When mixture 1 has reached a firm ball, pour over egg whites, beating until mixture 2 has reached a very firm ball. Pour over egg whites and mixture 1 and beat until mixture will hold its shape when dropped from a spoon. Add vanilla and nuts. Drop by teaspoon or pour into buttered pan.

Ruby Lane

POPCORN BALLS

2 c. sugar	1/8 tsp. cream of tartar
1 c. water	1/8 tsp. soda
3 Tbsp. butter	flavoring

Bring to a boil sugar and water. Add butter and cream of tartar and boil until it becomes crisp in water, or it begins to caramelize. Put in soda and flavoring and pour over 5 to 6 quarts

POPCORN BALLS (Continued)

of popped corn. Quickly form into balls.

Mrs. Hugh H. Brown

GLAZED NUTS

1 c. sugar
1/4 tsp. salt
6 Tbsp. milk

1 tsp. cinnamon
1/2 tsp. vanilla
2 c. nuts

Cook sugar, salt, milk and cinnamon over low heat, stirring until sugar dissolves. Cook without stirring to soft ball stage. Remove from heat and add vanilla and nuts. Stir until mixture thickens. Turn onto waxed paper and separate with two forks.

Mrs. W. H. Davidson

CORN CEREAL PEANUT COOKIES

1 egg
1 tsp. vanilla
1/4 tsp. baking powder
1/2 tsp. soda
1/4 tsp. salt
1 1/2 c. butter

1 c. brown sugar
1 c. crushed corn flakes
1 c. salted peanuts*
1 1/4 c. oatmeal
1 1/2 c. Collins Cookie & Pastry
flour

*Peanuts should be salted Spanish peanuts.

Cream butter and sugar. Add beaten egg, stir, then add corn cereal, oatmeal, peanuts and vanilla. Sift flour, soda, salt, baking powder and add; mix well. Form in small balls, place on well oiled cookie sheet. Press with fork to flatten. Bake at 350 degrees until light brown.

Bernita Kelly

SALTED PEANUT CRISPS

1 c. soft shortening
1 1/2 c. brown sugar
2 eggs
2 tsp. vanilla

3 c. Collins Cookie & Pastry
flour
1/2 tsp. soda
1 tsp. salt
2 c. salted peanuts

Cream shortening and brown sugar. Add eggs and vanilla. Mix in the sifted flour to which you have added the soda and salt. Add the salted peanuts - these may be Spanish peanuts. Drop by rounded teaspoonfuls about 2 inches apart on greased cookie sheet. Flatten with bottom of glass dipped in water, then sugar. Bake at 375 degrees for 8 to 10 minutes. Makes 6 dozen.

Mrs. P. A. Dockweiler

UNBAKED CHOCOLATE OATMEAL COOKIES

2 c. sugar	3 c. quick cooking oatmeal
1 cube butter or margarine	5 Tbsp. cocoa
1/2 c. milk	1 tsp. vanilla
1/2 tsp. salt	1/2 c. nuts

Bring to a full boil the sugar, butter, milk and salt. Boil exactly 1 minute. Remove from heat and add oatmeal, cocoa, vanilla and nuts (coconut may be added too). Stir until mixture thickens. Place by spoonfuls on wax paper.

Mrs. W. H. Davidson

UNBAKED COCONUT SWIRLS

2 Tbsp. butter or margarine	2 c. powdered sugar
3 Tbsp. water	1/2 c. powdered milk (dry form)
1 tsp. vanilla	3 c. Angel Flake coconut
	6 oz. pkg. chocolate chips

In 2 quart saucepan melt butter. Take from heat and add 3 tablespoons water and vanilla. Mix powdered sugar and powdered milk together and add to butter mixture, about 1/2 cup at a time, mixing well after each addition. Stir in coconut. Drop teaspoonfuls of mixture onto waxed paper. Let stand until firm. Melt chocolate chips over hot water. Swirl about a teaspoon of melted chocolate on top of each coconut drop, then chill. Makes about 36.

Mrs. John E. Thorne

UNBAKED PEANUT BUTTER COOKIES

1/2 c. light Karo syrup	1/2 c. sugar
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Stir lightly and bring to a good boil. Take off stove and add 1 cup peanut butter. Stir well until dissolved. Add 2 cups Chinese noodles. Stir and mix. Drop on waxed paper and allow to firm.

Mrs. William B. Campbell

ORANGE OVERNIGHT COOKIES

1 c. shortening (half butter)	1 1/2 Tbsp. ground rind
1/2 c. white sugar	2 3/4 c. Collins Cookie & Pastry flour
1/2 c. brown sugar	1/2 tsp. salt
1 egg, beaten	1/2 tsp. soda
2 Tbsp. orange juice	walnuts (optional)

ORANGE OVERNIGHT COOKIES (Continued)

Mix and form in rolls. Chill overnight. Slice thin and bake in slow oven at 325 degrees.

Lillian Glenn

PEANUT BUTTER COOKIES

1 c. brown sugar	2 eggs
1 c. white sugar	3 c. Collins Cookie & Pastry
1 c. shortening	flour
1 c. peanut butter	2 tsp. soda
	1 tsp. vanilla

Cream thoroughly sugars and shortening. Add peanut butter and eggs, mix with beater until very creamy. Stir in flour and soda, which has been sifted together. Add vanilla. Drop small spoonfuls on greased cookie sheet and bake in moderate 350 degree oven for about 15 minutes.

Mildred Hoeft

BUTTERSCOTCH WHIRLS (Cookies)

4 c. Igleheart's Upright all purpose flour	2 c. brown sugar, firmly packed
1 tsp. soda	2 eggs
1 tsp. salt	1 Tbsp. lemon juice
1 c. shortening (part butter)	1 tsp. vanilla

Date Filling:

1 1/4 c. dates	1 Tbsp. lemon juice
1/2 c. water	1/4 c. nuts, chopped
1/2 c. sugar	

Sift measured flour with soda and salt. Cream shortening, add sugar. Add eggs one at a time, beating well after each addition. Add lemon juice and vanilla, add dry ingredients, blend well. Divide dough into 2 portions, roll to 1/2 inch thick. Spread with date filling, roll like jelly roll. Put in refrigerator overnight. Slice. Bake in hot oven for 10 minutes.

Date Filling: Cook dates, water and sugar slowly. Remove from heat, add lemon juice. Beat until smooth. Add nuts.

Velva Denton

BUTTERSCOTCH CHIP COOKIES

1 pkg. brown sugar	3 eggs
3/4 c. margarine	1 tsp. vanilla
2 3/4 c. Collins Cookie & Pastry flour	1/4 tsp. salt
2 tsp. baking powder	1/2 c. nuts
	1 pkg. butterscotch chips

Mix brown sugar and margarine and melt in 9 x 13 inch pan. Cool. Mix flour, baking powder and salt. Beat eggs, add vanilla and dry ingredients. Spread this mixture over cooled brown sugar and margarine. Sprinkle the butterscotch chips and chopped nuts on top. Bake 25 minutes at 350 degrees. Cut in squares when nearly cold.

Mrs. Elmo Dalton

ALMOND COOKIES

2 c. butter	1 c. brown sugar
1 c. white sugar	3 eggs
1/2 tsp. vanilla	1 c. chopped almonds
2 tsp. cinnamon	1/2 tsp. almond extract
5 c. Collins Cookie & Pastry flour	1 tsp. baking powder

Cream butter and sugars, add well beaten eggs, flavoring and nuts. Sift baking powder with flour and add to mixture. Form into rolls, wrap in wax paper, store in refrigerator overnight. Slice thin, brush with egg white, dust with sugar and cinnamon. Garnish with an almond. Bake at 375 degrees until light brown.

This is an icebox cookie, flavored with almond, nuts and cinnamon spice, both dear to the heart of the Norwegian cook.

Mrs. Vernon Kennedy

CHOCOLATE PEANUT COOKIES

1/2 c. shortening	1 c. brown sugar, firmly packed
1/2 c. (1 cube) margarine or butter	2 eggs
1 c. chunk-style peanut butter	2 c. Collins Cookie & Pastry flour
1 c. white sugar	1 tsp. soda
	1 (6 oz.) pkg. chocolate chips
	1 (8 oz.) can salted peanuts

Cream shortening, margarine and peanut butter together. Gradually add white and brown sugars, cream until blended. Add eggs and beat until smooth. Sift flour with soda into creamed mixture. Stir in chips and peanuts. Drop onto a greased baking

CHOCOLATE PEANUT COOKIES (Continued)

sheet. Bake in 325 degree oven 15 minutes.

Mrs. William R. Coppock

APPLE TREASURE COOKIES

3/4 c. shortening	2 eggs
2 1/2 c. sifted Collins Cookie & Pastry flour	1 1/4 c. brown sugar, packed
1/2 tsp. soda	1/2 tsp. salt
1 tsp. cinnamon	2 tsp. baking powder
1/2 tsp. nutmeg	1/4 tsp. cloves
1 (6 oz.) pkg. caramel chips	1 c. chopped raw apples, peeled and cored
	1 c. nut meats

Cream shortening, add brown sugar and cream until light and fluffy. Beat in eggs. Mix and sift flour, salt, soda, baking powder and spices. Add to first mixture. Stir in apples, caramel chips and nuts. Mix well. Drop dough by teaspoonfuls onto greased cookie sheets. Bake in moderate 375 degree oven for 10 to 15 minutes or until lightly browned. Makes 4 to 5 dozen.

Mrs. Grace Davis

CHERRY TWINKS

2 1/4 c. Collins Cookie & Pastry flour	3/4 c. shortening, creamed
1/2 tsp. salt	1 c. sugar
2 eggs	1 tsp. vanilla
2 Tbsp. cherry juice	1 c. chopped pecans
1 tsp. baking powder	1 c. chopped dates
1/2 tsp. soda	1/2 c. maraschino cherries

Crush 2 cups (or more) corn flakes, roll balls in corn flakes, dent with thumb, place cherry on top. Bake at 350 degrees 12 to 15 minutes. Makes 5 dozen.

Sarah Cameron

FOSTER CREAMS

1 c. raisins	1 tsp. cinnamon
1 c. water	1 1/2 tsp. salt
1 c. shortening	1 tsp. soda
1 1/2 c. sugar	1 c. chopped nuts
2 eggs	2 1/2 c. flour

Bring raisins and water to a boil; let cool. Cream shortening, add sugar and cream again. Add eggs. Sift Collins Cookie

& Pastry flour, soda, salt and cinnamon together 3 times. Add dry ingredients and raisins and water to egg mixture. Add nuts. Spread dough on 11 x 17 inch sheet cake pan or cookie sheet. Bake at 320 degrees 25 to 30 minutes. Glaze while warm. Cool and cut in bars.

Hila M. Timm

HONEY FRUIT COOKIES

1/2 c. butter or mar-	1/2 tsp. baking powder
garine	1/2 tsp. baking soda
1/2 c. sugar	1/2 tsp. salt
1/2 c. honey	1 c. chopped, mixed candied
1 egg, beaten	fruit
1/2 tsp. vanilla	1/2 c. chopped nuts
2 1/3 c. Collins Cookie	1/2 c. chopped dates
& Pastry flour	

Cream butter, sugar and honey thoroughly. Beat in egg and vanilla. Sift together flour, baking powder, soda and salt. Gradually beat into creamed mixture. Blend in fruit and nuts and dates. Drop by teaspoon on ungreased baking sheet. Bake at 350 degrees 12 to 15 minutes. Yield: 5 dozen cookies.

Mrs. Harry Main

SPICY FRUIT CUT-UPS

1/2 c. butter, soft	1/2 tsp. salt
1 c. brown sugar, packed	1 tsp. cinnamon
firmly	1/2 tsp. nutmeg
1 tsp. vanilla	1/2 tsp. cloves
2 eggs	1 c. pitted dates, cut up
2 c. sifted Igleheart's	1/2 c. chopped nut meats
Upright all purpose flour	
2 tsp. baking powder	

Cream together butter, cream and vanilla. Add eggs, beat-
ing well. Sift together dry ingredients, stir into creamed mix-
ture. Add fruit and nuts. Bake in moderate 375 degree oven
about 15 minutes. While warm, cut in bars and sprinkle with
confectioners sugar.

Selma Graf

GOLDEN CARROT COOKIES

1 c. shortening	2 eggs
1 c. cooked, mashed carrots (can use baby food)	

GOLDEN CARROT COOKIES (Continued)

1/2 tsp. salt	2 tsp. baking powder
3/4 c. sugar	3/4 c. coconut
2 c. Collins Cookie & Pastry flour	

Icing:

1/3 c. butter	3 c. powdered sugar (1 box)
3 Tbsp. orange juice	

Mix all ingredients (except icing) and drop from a spoon and bake for 10 minutes at 400 degrees. Ice the cookies with the icing.
Alma Rohrman

GINGER COOKIES

1 c. shortening	4 c. sifted Collins Cookie & Pastry flour
1 c. molasses	2 tsp. soda
1/2 tsp. salt	2 tsp. ginger
1 tsp. vanilla	1 tsp. lemon
2 c. brown sugar	1 egg

Cream sugar, shortening and egg together. Add molasses and beat until fluffy, then add the flour with soda, salt and ginger. Mix well, add vanilla and lemon. Chill for 1 hour, then roll in 1 inch balls and bake in 350 degree oven for 12 minutes. Do not press them down.

Winnie Holmes

COOKIE JAR GINGERSNAPS

2 c. sifted Collins Cookie & Pastry flour	3/4 c. shortening
1 Tbsp. ginger	1 c. sugar
2 tsp. baking soda	1 egg, unbeaten
1 tsp. cinnamon	1/4 c. molasses
1/2 tsp. salt	granulated sugar

1. Measure dry ingredients, sift twice, return to sifter.
2. Cream shortening until soft, add sugar gradually, creaming well after each addition until mixture is well blended.
3. Beat in egg and molasses.
4. Sift dry ingredients over creamed mixture; blend well.
5. Form teaspoonfuls of dough into balls, roll in sugar to cover entire outside surface. Place 2 inches apart on ungreased cookie sheets.
6. Bake in moderate 350 degree oven 12 to 15 minutes, or

COOKIE JAR GINGERSNAPS (Continued)

until tops are slightly rounded, crackly and lightly browned.

7. Run spatula under cookies, lift and cool on wire cake racks.

8. When thoroughly cooled, store in stone cookie jar.

It is the molasses that gives these cookies their old fashioned flavor.

Mrs. Gaylord M. Madison

FILLED COOKIES

2 c. sugar

1 c. butter

1/4 tsp. salt

3/4 c. heavy sour cream

3 eggs, beaten

1 tsp. nutmeg

1 1/2 tsp. vanilla

1 tsp. soda

Cream sugar and butter. Add beaten eggs, then sour cream, soda, nutmeg, salt and vanilla. Add enough Collins Cookie & Pastry flour for soft dough. Roll out 1/4 inch thick and cut with cookie cutter. Drop teaspoon of filling on each cookie and place another cookie on top. Press edges down slightly. Bake 12 minutes in 350 degree oven.

Filling:

1 c. ground raisins

1 c. sugar

1 c. sour cream

Stir in a saucepan over low heat until blended, then simmer for 15 minutes, stirring often. Set aside to cool.

Mildred Crow

JUBILEE JUMBLES

1/2 c. soft butter

1 c. brown sugar

1/2 c. white sugar

2 eggs

1 c. undiluted evaporated
milk

1 tsp. vanilla

2 3/4 c. sifted Collins Cookie
& Pastry flour

1/2 tsp. soda

1 tsp. salt

1 c. cut walnuts

Burnt Sugar Glaze:

2 Tbsp. butter

2 c. sifted confectioners sugar

1/4 c. undiluted milk

Glaze: Heat butter until golden brown. Beat in until smooth the confectioners sugar and milk.

JUBILEE JUMBLES (Continued)

Mix thoroughly shortening, sugar and eggs. Stir in the evaporated milk and vanilla. Sift together flour, soda, salt and stir in walnuts. Chill 1 hour. Drop rounded tablespoons on a greased baking sheet. Bake at 375 degrees about 10 minutes, until delicately browned. While still warm, frost with Burnt Sugar Glaze. Makes about 4 dozen.

Marie Hemphill

CORN FLAKE KRUNCHIES

1 c. shortening	1 3/4 c. oatmeal
1 c. brown sugar	2 c. Collins Cookie & Pastry
1 c. white sugar	flour
2 eggs	1 tsp. baking powder
1 tsp. vanilla	1 tsp. soda
1 c. nuts	1 1/2 c. crushed corn flakes

Cream shortening, add sugars gradually, beat until light and fluffy. Add well beaten eggs, flavoring and nuts. Add oatmeal. Sift flour and baking powder and soda. Add to first mixture and combine thoroughly. Add corn flakes. Drop by teaspoon on lightly greased cookie sheet. Bake in moderate 350 degree oven for 10 minutes.

Mrs. Army Korvola

OATMEAL COOKIES

1 c. white sugar	2 eggs
1 c. brown sugar	1 tsp. vanilla
1 c. butter and lard mixed	1 tsp. soda
1 c. coconut	1 tsp. baking powder
2 c. oatmeal	1/2 c. walnut meats
2 c. Collins Cookie & Pastry flour	

Cream sugars and shortening. Add slightly beaten eggs and vanilla. Sift flour with soda and baking powder. Mix all ingredients together. Roll into small balls and bake until light brown, about 350 degrees.

Mrs. Edith Montgomery

OATMEAL CRISPIES

1 c. shortening	-2 eggs, beaten
1 c. brown sugar	1 tsp. vanilla
1 c. granulated sugar	1 1/2 c. Collins Cookie & Pastry
3 c. quick cooking oatmeal	flour
1/2 c. finely chopped	1 tsp. salt
walnut meats	1 tsp. soda

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OATMEAL CRISPIES (Continued)

Cream thoroughly shortening, brown sugar and granulated sugar. Add well beaten eggs with vanilla. Add to this, sifted together, flour, salt and soda. Add and mix oatmeal and walnut meats. Form into long rolls. Chill thoroughly in refrigerator. Slice and bake on ungreased cookie sheet at 350 degrees for 10 minutes or until brown.

Mrs. Closson Scott
Elsie Mulkey
Grace E. Bowman

SOUR CREAM COOKIES

1 c. sugar	1 tsp. soda
3 c. Collins Cookie & Pastry flour	1 c. shortening
1 tsp. salt	1 c. sour cream
	1 egg, beaten

Sift all dry ingredients together. Work shortening in with fingertips. Add sour cream and beaten egg. Make soft dough, let stand overnight. Roll out, cut and bake in 350 degree oven for 10 to 12 minutes.

Elsie Mulkey

COWBOY OR RANGER COOKIES

1 c. shortening	2 c. Collins Cookie & Pastry flour, sifted with 1 tsp. baking powder, 1 tsp. soda and 1 tsp. salt
1 c. white sugar	
1 c. brown sugar	
2 eggs, well beaten	

Beat into above mixture:

1 tsp. vanilla	2 c. corn soya or flakes (1 pkg. chocolate chips and 1 c. nuts may be substituted for corn soya)
2 c. oatmeal	
1 c. coconut	

Drop in small mounds on greased baking sheet. They spread as they bake, so don't put too close together. Bake 12 to 15 minutes at 350 degrees or until brown and crisp.

Alice Timmerman
Luella Hawks

WHITE SUGAR COOKIES

1 1/2 c. sugar	2 eggs
1 c. shortening	1 c. sour cream

WHITE SUGAR COOKIES (Continued)

1 tsp. vanilla	pinch of salt
1 tsp. soda	about 5 c. Collins Cookie &
2 tsp. baking powder	Pastry flour
	1 tsp. lemon flavoring

Mix as for rolled cookies. Bake for 8 minutes at 400 degrees. Yield: About 80 cookies.

Mrs. George Luciani

SUGAR COOKIES

1 1/2 c. raisins	3 eggs
1 c. water	1 tsp. soda
1/2 c. butter	1 tsp. baking powder
1/2 c. oil	3 c. Collins Cookie & Pastry
1 1/2 c. sugar	flour

Boil raisins and water until water is absorbed. Cream butter, oil, sugar and eggs until creamy and smooth. Blend flour, baking powder and soda. Add to creamed mixture. Add raisins. Drop by teaspoonfuls into sugar, then onto cookie sheet. Bake 10 to 12 minutes at 350 degrees.

Marguerite Frymire

MOLASSES SUGAR COOKIES

3/4 c. shortening	2 c. sifted Igleheart's Upright
1 c. sugar	all purpose flour
1/4 c. Brer Rabbit	1/2 tsp. cloves
molasses	1/2 tsp. ginger
1 egg	1 tsp. cinnamon
2 tsp. baking soda	1/2 tsp. salt

Melt shortening in a 3 or 4 quart saucepan over low heat. Remove from heat; let cool. Add sugar, molasses and egg; beat well. Sift together flour, soda, cloves, ginger, cinnamon and salt; add to first mixture. Mix well, chill. Form in 1 inch balls, roll in granulated sugar and place on greased cookie sheets 2 inches apart. Bake in moderate hot 375 degree oven 8 to 10 minutes.

Mrs. J. H. Rainwater, Sr.

SNICKERDOODLES

1 c. soft shortening (part butter)	1 1/2 c. sugar
	2 eggs

SNICKERDOODLES (Continued)

Mix together thoroughly. Sift together and stir in:

2 3/4 c. sifted Collins	1 tsp. soda
Cookie & Pastry flour	1 tsp. salt
2 tsp. cream of tartar	

Roll into balls. Place on cookie sheet, flattening out cookies with a fork. Sprinkle with sugar and cinnamon. Bake on ungreased cookie sheet at 400 degrees 8 to 10 minutes.

Agnes Casteel

CHOCOLATE JUMBO COOKIES

1 3/4 c. Collins Cookie	2 eggs
& Pastry flour	1/2 tsp. vanilla
1 c. sugar	1/3 c. milk
2 tsp. baking powder	3 sq. unsweetened chocolate
1/2 tsp. salt	1/2 c. chopped nuts
1/3 c. salad oil	

Mix and sift dry ingredients into a bowl. Make a well and add oil, eggs, vanilla and milk; beat until smooth and well blended, then fold in chocolate which has been melted and cooled. Also add nuts. Drop by spoonfuls on a greased baking sheet. Bake at 350 degrees for 10 to 12 minutes. Be sure not to over bake.

Mrs. George Johnston

CHOCONUT CRUNCHIES

2 c. Collins Cookie &	1 1/2 c. sugar
Pastry flour	2 eggs
1 tsp. baking powder	2 sq. unsweetened chocolate,
1/2 tsp. salt	melted
1/2 c. butter	1 c. nuts
1 tsp. vanilla	

Cream butter and sugar. Add eggs. Blend in chocolate and vanilla. Stir in dry ingredients and nuts. Pack mixture in refrigerator tray lined with waxed paper. Chill overnight. Slice 1/8 inch thick and bake on greased sheet at 375 degrees for 12 to 15 minutes.

Mrs. Marion Finch

BY-CRACKY BARS

1 3/4 c. Collins Cookie & Pastry flour	1/3 c. milk
1 tsp. salt	1 tsp. vanilla
1/4 tsp. soda	1 sq. chocolate, melted
3/4 c. shortening	3/4 c. walnuts, chopped
1 c. sugar	3/4 c. semi-sweet chocolate bits
2 eggs	9 double graham crackers

Sift dry ingredients together. Blend together sugar and shortening, creaming well. Add eggs, beat well. Combine milk and vanilla. Add alternately with dry ingredients to creamed mixture. Place 1/3 of batter in second bowl. Add chocolate and walnuts. Spread in two well greased 8 x 8 x 2 inch pans or one 13x9x2 inch pan. Arrange graham crackers over batter in pans. Add semi-sweet chocolate bits to remaining 2/3 of batter. Drop by spoonfuls over graham crackers and spread to cover. Bake in moderate 375 degree oven 20 to 25 minutes. Cut into bars or squares when cool.

Mrs. Harry Snow

FUDGE BROWNIES

1/2 c. butter	1 tsp. baking powder
1 c. sugar	1/2 tsp. salt
2 eggs	1 c. chopped nuts
1/2 c. Collins Cookie & Pastry flour	1/2 c. cocoa or 2 oz. chocolate
	1/2 tsp. vanilla

Mix ingredients in order given. Bake in a floured pan, size 5 x 9 inches. Bake 25 minutes at 350 degrees.

Carmen Garrett

MINCEMEAT SQUARES

1 1/2 c. brown sugar	1 tsp. cloves
2 eggs	1/4 c. seedless raisins, cut
1 tsp. vanilla	1 1/2 c. mincemeat
2 c. sifted Collins Cookie & Pastry flour	1 1/2 c. powdered sugar
1/2 tsp. salt	3 Tbsp. hot milk
1/2 tsp. soda	1 1/2 tsp. vanilla
1 tsp. cinnamon	1/2 tsp. almond flavoring
	1 Tbsp. soft butter

Combine soft butter, brown sugar, eggs and vanilla and mix. Sift flour, salt, soda, cinnamon and cloves together. Stir into brown sugar mixture. Add raisins and mincemeat. Spread mixture thin in two greased 13 x 9 inch pans. Bake at 400 degrees

MINCEMEAT SQUARES (Continued)

for 12 to 15 minutes. Cool. Combine powdered sugar, hot milk and flavoring. Spread over baked batter. Cut into squares.

Mrs. Cornelius Steck

DATE STICKS

2 Tbsp. butter	1 c. nut meats
1 c. sugar	2 pkg. dates
2 eggs	1 1/2 c. Collins Cookie & Pastry
2 tsp. baking powder	flour
2 Tbsp. water	1 tsp. vanilla

Cream butter and sugar. Add beaten eggs, then the chopped nuts, and cut up dates. Add sifted dry ingredients and water. Add vanilla. Spread thin on greased and floured pan. Bake at 350 degrees for 20 to 30 minutes. Cut in strips, about 3 x 1 inch and roll in powdered sugar.

Madeleine Korvola

MARY'S ALMOND ROCA COOKIES

1 c. real butter	2 c. Collins Cookie & Pastry
1/2 c. white sugar	flour
1/2 c. brown sugar	1 (10 oz.) bar sweet milk choco-
1 beaten egg yolk	late
1 tsp. vanilla	chopped walnuts

Mix and spread on cookie sheet and bake at 350 degrees until done. Remove and spread with one 10 ounce bar sweet milk chocolate (melted). Sprinkle with chopped walnuts while warm.

Mary Colburn

MERINGUE CARAMEL SQUARES

1 1/4 c. sifted Swans	1/4 c. butter
Down cake flour	1/2 c. chopped walnuts
1 1/2 c. brown sugar,	2 egg whites
firmly packed	1 c. caramel chips
2 egg yolks, unbeaten	
1/8 tsp. salt	

Combine flour, 1/4 cup sugar, egg yolks and salt. Cut in butter until mixture is the consistency of corn meal. Press firmly into an ungreased 13 x 9 x 2 inch pan. Sprinkle with about 3/4 of the nuts. Press nuts into crust. Beat egg whites until stiff peaks form. Add remaining 1 cup sugar, a little at a time, beating after each addition. Beat until well blended. Fold in chips.

MERINGUE CARAMEL SQUARES (Continued)

Spread over crust. Garnish with remaining nuts. Bake in a slow 300 degree oven 30 to 35 minutes. Cut and remove from pan while slightly warm. Serve warm or cold. Makes 15 squares. For more moist squares bake in a 9 x 9 x 2 inch pan in a slow 300 degree oven 40 to 45 minutes.

Leta Newquist

DATE-OAT BARS

1 c. brown sugar	2 1/2 c. quick oats
1 c. shortening	1/2 c. hot water
2 1/2 c. Collins Cookie & Pastry flour	1/4 tsp. salt

Filling:

2 c. chopped dates	1 c. sugar
1/2 c. cold water	

Mix and simmer filling while mixing cookie dough.

Cream together sugar and shortening. Stir in the flour, salt and oats. Mix well. Divide in half. Pat half into 7 x 11 inch baking pan. Spread filling evenly over dough. Roll second half of dough between two sheets of wax paper. Peel off one sheet, using the other to handle. Flip onto filling and peel off wax paper. Bake 15 to 20 minutes in 350 degree oven. Cut in bars. Makes 36 bars.

Mrs. J. R. Rose

CZECHOSLOVAKIA BARS

1 c. sugar	1/2 c. strawberry jam (frozen
1 c. butter	jam is excellent, or any other
2 egg yolks	firm jam or jelly)
2 c. Collins Cookie & Pastry flour	1 c. chopped nuts

Cream butter until very soft. Gradually add sugar and cream until fluffy. Add egg yolks one at a time, beating thoroughly after each. Gradually add flour and mix well. Add chopped nuts. Spread half of the batter in a well greased and floured 8 x 8 x 2 inch pan. Spread jam over this, spread remaining batter over this. Bake in a 325 degree oven 1 hour.

Mrs. Harold Smith

PECAN BARS

1 1/3 c. Collins Cookie
& Pastry flour

1/2 tsp. double acting baking
powder

Blend together with 1/3 cup oleo. Add 1/2 cup firmly packed brown sugar. Blend well until mixture resembles coarse corn meal. Stir in 1/4 cup chopped pecans; mix well. Pat firmly into bottom of greased pan, 12 x 8 x 2 or 13 x 9 x 2 inches. Bake in moderate oven 10 minutes only; add:

2 eggs, beaten
3/4 c. dark corn syrup
1/4 c. brown sugar

3 Tbsp. Collins Cookie & Pastry
flour
1/2 tsp. salt
1 tsp. vanilla

Beat eggs until foamy and add rest of ingredients. Mix well and pour over partially baked crust. Sprinkle with 3/4 cup pecans, coarsely chopped. Continue baking in moderate oven 25 to 30 minutes. Cool in pan and cut in bars.

Mrs. Bennie Lee Tolar

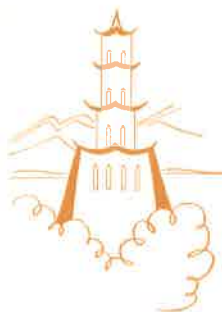
** EXTRA RECIPES **

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*Recipes
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Foreign Countries



COOKING TERMS

AU JUS: With natural gravy.

ASPIC: This denotes a savory jelly made from stock or from tomato juice with gelatin.

AU GRATIN: Means covered with cheese or crumbs or both and baked.

BASTE: To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER: Until a fork or skewer can easily be inserted.

BLEND: To mix well.

BISQUE: A white soup made of shell fish.

BOUILLON: A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

CAFE AU LAIT: Equal parts of coffee and milk.

CANAPE: Small open appetizer, served as first course.

CHARLOTTE: A pudding made of bread or cake covered with fruit or gelatin.

CHILL: To place food in the refrigerator until cold, not frozen.

CREAM: To mix shortening in bowl until it is soft and light.

CROQUETTES: A savory mince of meat or fish made with a sauce into shapes.

CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

ENTREE: A light dish served between courses at dinner.

FONDUE: A light preparation of cheese and eggs.

FRAPPE: Partly frozen.

FRICASSEE: A dish of any boiled meat served in a rich milk sauce.

GLAZE OR GLACE: Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

HORS D'OEUVRES: Appetizing side dishes such as olives, radishes, celery and pickles.

JULIENNE: Cut in fine strips or strings.

KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

MARINATE: To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

PIQUANT: A sharp sauce.

PUREE: Food boiled to a pulp and put through a sieve.

SAUTE: To cook gently in a small amount of fat.

SCALD: To heat milk product until scum forms over top (196 degrees F. -- not boiling).

JAPANESE CHICKEN

2 (2 1/2 lb.) chickens,	1/4 c. soy sauce
cut up	1/2 c. water
Igleheart's Upright all	2 Tbsp. red wine vinegar
purpose flour	1/4 c. brown sugar
4 Tbsp. butter	1 (1 lb. 4 1/2 oz.) can crushed
1 tsp. powdered ginger	pineapple, drained

Wash chicken, dry, dust with flour. Heat electric skillet to 375 degrees. Melt butter until bubbly - rub chicken pieces with ginger and brown. Pour off excess butter. Mix soy sauce, water, wine vinegar and brown sugar - pour over chicken. Add pineapple, cover. When steaming, turn control to simmer heat (200 - 225 degrees). Cook about 50 minutes or until chicken is tender. Serve with rice. If you wish a darker, saltier sauce, add 1/4 to 1/2 cup additional soy sauce.

Mrs. Tillman Taylor

CHICKEN-CASHEW-NOODLE DISH

2 c. cubed, cooked	2 cans cream of chicken soup
chicken	1/2 c. milk
1 c. diced celery	2 large cans Chow Mein noodles
1 bunch green onions	1/2 c. cashew nuts

Cover bottom of a greased baking dish with half of the noodles. Over this, put a layer of chicken, then celery and the onions (be sure to use onion tops also). Use all of each for a layer. Cover this with 1/2 can noodles, then pour over all the chicken soup thinned with milk. Cover the top with remaining noodles and cashew nuts. Bake at 350 degrees for 40 minutes.

This freezes nicely before baked. It is best to cook celery and onions in a little butter for a short time if it is to be frozen.

Irene Rockwell

CHINESE STYLE HAMBURGER HASH

1 lb. ground beef	1 1/2 c. warm water
1 Tbsp. oil or shortening	2 Tbsp. soy sauce
2 medium onions, chopped	1/4 tsp. pepper
1 c. sliced celery	1 can Chinese noodles
1 can mushroom soup	1 can water chestnuts, sliced,
1 can cream of chicken soup	or 1 can bean sprouts
1/4 to 1/2 c. uncooked Ala	(optional)
or rice	green pepper (optional)

CHINESE STYLE HAMBURGER HASH (Continued)

Brown meat in oil until slightly crumbly. Add onion, celery, soup and water and rest of ingredients - all except noodles. Put in covered casserole and bake in 350 degree oven for 30 minutes. Remove cover and bake 30 minutes longer. Top with noodles and bake 15 minutes. Serves 8.

Wilma Howton
Fern Rynearson

CHICKEN ORIENTALE

1 (2 to 3 lb.) fryer, cut up	1 Tbsp. soya sauce
1/4 c. butter	1 Tbsp. toasted sesame seed
1 #2 can pineapple chunks	1 (4 oz.) can sliced mushrooms
1/4 c. brown sugar	1/2 medium green pepper, sliced
2 Tbsp. cornstarch	1 medium onion, sliced
1/2 tsp. salt	
1/3 c. vinegar	

Brown chicken pieces slowly in butter. Cover and cook slowly for 20 minutes. Remove lid and cook slowly for 20 minutes longer. While chicken is browning, drain syrup from pineapple and measure out 1 cup. Heat syrup to boiling and stir in vinegar, brown sugar, cornstarch and salt mixture. Stir constantly until sauce thickens. Add pineapple chunks and remaining ingredients. Simmer on low heat, stirring occasionally. Pour over chicken. Simmer for 5 minutes.

Mrs. Harry Main

EGG FOO YONG

1 can bean sprouts	Mrs. Bennie Lee Tolar
	6 eggs

Drain bean sprouts and rinse with cold water. Beat eggs until foamy and add sprouts.

1/2 c. chopped green onions	1 Tbsp. soy sauce
1 c. diced, cooked chicken, shrimp or other meat	1 Tbsp. sugar
	salt and pepper to taste

Fry by spoonfuls until set and brown on edges in small amount of oil. Make a sauce by using:

1 c. bouillon or broth	cornstarch to thicken
1 Tbsp. soy sauce	

Pour sauce over hot Egg Foo Yong and garnish with chopped onion tops and sesame seed.

CHINESE FRIED RICE

1/2 c. finely diced, cooked	1 qt. cold cooked rice
ham, chicken, pork or	1 green onion, finely chopped
bacon	2 Tbsp. soy sauce
2 Tbsp. cooking oil	1 egg, well beaten
3 finely sliced mushrooms, or small can	

Fry meat in oil lightly. Add mushrooms, rice, green onion and soy sauce. Fry over low heat for 10 minutes. Add well beaten egg and continue to fry and stir for 5 minutes. If color isn't dark enough, add more soy sauce.

Mrs. Bill Johns

ENCHILADA DINNER FOR FOUR

1 pkg. frozen tortillas	1 lb. mild cheese, shredded
1 large can enchilada sauce	1 large chopped onion
1 lb. ground beef	

Brown ground beef and salt and pepper to taste. Heat the enchilada sauce to boiling point. Dip tortillas in hot fat to soften, just in and out. Place dipped tortilla on plate, add heaping table-spoon of beef, cover with enchilada sauce. Place next tortilla on top, sprinkle with cheese and onion. Repeat, using cheese, onion and tortilla. Top with enchilada sauce. Makes a stack of 3 tortillas for one serving. Top stack with fried egg if desired. Serve with can of refried beans, tossed salad and ice cream for dessert.

Dee Allen

FRITO ENCHILADAS

1 lb. ground beef	grated cheese
1 can enchilada sauce	chopped green onions
1 pkg. Fritos (corn chips)	salt and pepper

Brown ground beef, salt and pepper. Add enchilada sauce. Cook together for a few minutes. Place Frito corn chips on small platter. Pour ground beef in sauce over Fritos. Top generously with cheese and green onions. Serve with a tossed salad and canned refried beans.

Dee Allen

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Men Only



When temperatures soar and I'm weak from the heat,
There's one consolation, I still love to eat.

HOW TO PRESERVE A HUSBAND

First, use care and get one. Not too young; but tender and a healthy growth. Make your selection carefully and let it be final. Otherwise they will not keep. Like wine they improve with age. Do not pickle or put in hot water. This makes them sour. Prepare as follows: Sweeten with smiles according to variety. The sour, bitter kind are improved by a pinch of salt of common sense. Spice with patience. Wrap well in a mantle of charity. Preserve over a good fire of steady devotion. Serve with peaches and cream. The poorest varieties may be improved by this process and kept for years in any climate.

TOM'S HUNTING CAKE

2 c. Swans Down cake flour	1 c. sugar
1/2 c. shortening	1 c. buttermilk or sour milk
2 tsp. cinnamon	1/2 tsp. nutmeg
1 tsp. cloves	1 tsp. soda
1/4 tsp. salt	2 Tbsp. strained honey
1 egg	

Sift flour, sugar, spices and salt. Work in shortening. Reserve 1/2 cup crumbly mixture for topping. To rest of mixture add beaten egg and honey to milk with soda dissolved. Mix smooth. Pour in greased and floured 8 x 12 x 2 inch baking pan. Sprinkle crumbly mixture over top and bake 40 minutes at 375 degrees.

Grace E. Bowman

KAY'S KAFFIR KORN

6 large pork chops	1 medium onion
12 ears green corn (cob)	1 green pepper
1 tsp. chili powder	

Cut fat from pork chops and render out. Cut lean pork in cubes and braise in fat. Add minced green pepper and onion and cook until slightly brown, then add corn cut from cob, chili powder, salt and pepper to taste, enough water to moisten well. Cover and steam until done. Will serve 6 to 8 large helpings.

Roger Kay

CHINESE CHICKEN & VEGETABLES

Roger Kay

1/2 lb. boned chicken breasts	1/4 tsp. salt
1/2 lb. Chinese celery cabbage	1/4 c. water
1 stalk celery	1 tsp. cornstarch, mixed in a bit of water
4 water chestnuts	1/2 tsp. monosodium glutamate
1/4 c. bamboo shoots	dash of pepper
1/2 c. mushrooms (dried)	1/4 tsp. sugar
12 pods snow peas	2 Tbsp. soy sauce

After boiling chicken for 25 to 30 minutes, slice into 1 inch squares. Slice celery, bamboo shoots, mushrooms, celery, cabbage and water chestnuts. Over strong heat, put vegetables into a greased frying pan. Add salt and stir and fry for 1 minute. Add water, cover, cook 3 minutes. Add chicken, monosodium glutamate, pepper, sugar and soy sauce. Stir while cooking for 1 minute.

BUTTERMILK HOT CAKES

2 c. Igleheart's Upright all purpose flour	1/4 tsp. salt
2 Tbsp. sugar	2 eggs
4 tsp. baking powder	buttermilk
1/4 tsp. soda	4 Tbsp. melted shortening

Beat eggs, add buttermilk and beat. Add sifted dry ingredients, then melted shortening. Stir thoroughly. If batter is too thick, add more buttermilk. Serves 6 to 8.

Army Korvola

CAMPER'S CHICKEN & NOODLES

1 canned whole cooked chicken with broth	1 large pkg. egg noodles
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Put chicken and broth into a large kettle and heat. Remove chicken and empty package of noodles into boiling broth. Lower heat and cook for 15 minutes. Separate chicken from bones, break into pieces and add to noodles. Stir and cook 5 minutes more. Serves 6.

Dr. John Murphy

PHEASANT DELICIOUS

1 pheasant, cut up	12 whole small mushrooms, or
salt and pepper	use mushroom salt
3 Tbsp. butter	2 oz. brandy (1/8 c.)
1 c. cream	1/4 c. Madeira wine

Salt and pepper the pieces of pheasant, melt butter in a casserole or even better, in a cast iron fry pan and add the pheasant. Mix cream, mushrooms, brandy and wine together (sherry wine may be substituted for the Madeira, but isn't as good for this recipe); pour over the pheasant. Bake at 400 degrees until done. Pilaf, or rice is good served with this and asparagus. Also chicken or any fowl is delicious cooked this way.

Blaine E. Isom

LIGHT DUMPLINGS

1 c. sifted Igleheart's Upright all purpose flour	1/2 tsp. salt
1 1/2 tsp. baking powder	1 tsp. sugar
	1/2 c. milk

Mix very little - it will be very stiff and lumpy. Dip a tablespoon in boiling soup, then round a small ball of the dough

LIGHT DUMPLINGS (Continued)

and drop into soup. Dip tablespoon each time in the soup so dough will not stick on spoon. Boil dumplings 12 minutes.

Robert Harris

BEN'S MEAT LOAF

2 lb. ground beef	1/2 tsp. oregano
1/2 lb. ground pork	1 tsp. paprika
1/2 tsp. salt	1 beaten egg
1/8 tsp. coarse ground pepper	6 slices dark bread, soaked in cold water and squeezed lightly and crumbled
1 tsp. Worcestershire sauce	3 Tbsp. grated onion
	2 Tbsp. parsley

Mix well and shape into loaf and brush with French dressing. Brown in oven at 450 degrees and finish baking at 325 degrees, about 1 hour.

Sauce for Ben's Meat Loaf:

1/4 c. diced onion	2 Tbsp. butter
1/2 c. diced celery	

Saute onion and celery in butter until clear. Add 1 can condensed tomato soup. Blend in 2 tablespoons Igleheart's Upright all purpose flour. Add 1 bouillon cube, diluted in 1 cup water. Add:

1/2 c. cooked carrots, diced	1/2 c. small cooked peas
------------------------------	--------------------------

Add 1 tablespoon chopped parsley just before serving over the meat loaf.

Mrs. Bennie Lee Tolar

CRACKED WHEAT BREAD

1 c. cracked wheat	1/4 c. molasses
1 c. cold water	1 1/2 pkg. yeast
1 c. scalded milk	1/2 c. lukewarm water
1 Tbsp. salt	6 to 7 c. Igleheart's White Honor bread flour
2 Tbsp. shortening	

Soak cracked wheat in 1 cup cold water overnight. Pour scalded milk into bowl over salt, shortening and molasses. Add yeast to lukewarm water and stir smooth. Add soaked cracked

CRACKED WHEAT BREAD (Continued)

wheat to milk mixture and stir until lukewarm. Combine with yeast. Add half the flour, stir smooth and beat 2 minutes. Add remaining flour as needed to make a stiff dough. Knead about 10 minutes or until dough is smooth. Place in greased bowl, cover and let rise until double in bulk. Punch down, divide dough in half, shape into loaves. Place in greased pans. Let rise until double in bulk. Bake at 375 degrees for 10 minutes, decrease heat to 350 degrees and bake for 30 to 35 minutes.

R. D. "Hod" Eller

**** EXTRA RECIPES ****



It's Fun to Cook.

For Jr. Cooks Only

I thank you, God,
For a hundred things
For the flower that blooms,
For the bird that sings,
For the sun that shines,
And the rain that drops,
For ice cream, and raisins
and lollipops.

HOW TO PRESERVE CHILDREN

To preserve children take:

1 large grassy field
1/2 dozen children
2 or 3 small dogs
a pinch of brook and
some small pebbles

Mix the children and dogs well together and put them in the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky, and bake in a hot sun. When thoroughly browned, remove and set to cool in a bath-tub.

SLOPPY JOES

1 Tbsp. shortening	dash of pepper
1 lb. ground beef	1 Tbsp. Igleheart's Upright
3/4 c. onions, chopped	all purpose flour
1 tsp. salt	3/4 c. water
1/2 tsp. chili powder	1 tsp. Worcestershire sauce
(optional)	1 c. catsup or chili sauce

Melt shortening in skillet. Add beef and onions and cook until meat loses its red color. Drain off excess fat. Mix chili powder, pepper and flour together and add water, making a smooth paste. Add to meat mixture along with remaining ingredients. Mix well. Simmer to desired consistency, about 8 to 10 minutes. Serve on plain or toasted buns. Serves 8.

Carol Murphy

HARD TACK

2 c. Igleheart's Upright	1 lb. dates, cut up
all purpose flour	1 c. nut meats
2 c. sugar	1/3 c. milk
pinch of salt	4 eggs

Mix flour and sugar together. Add salt. Add dates and nuts. Rub together; let set overnight. Beat milk and eggs well and add to above mixture. Mix well and spread in shallow, well greased and floured pan, approximately 7 x 11 x 1 1/2 inches. Bake slowly 1 hour or more at 300-325 degrees. This is good with cheese as a snack.

Diana Main

NESSELRODE PUDDING

2 Tbsp. gelatin	1/4 lb. macaroons, broken, or
3 c. milk	stale cake as a substitute
2/3 c. sugar	2 tsp. vanilla
5 eggs, separated	1 Tbsp. brandy (optional)
2/3 c. raisins, chopped	1/8 tsp. salt
3 Tbsp. almonds, ground	

Soak gelatin in 1 cup cold milk. Scald remaining 2 cups milk. Add sugar. Separate eggs. Beat egg yolks and stir in. Cook for 1 to 2 minutes to slightly thicken. Add the soaked gelatin and stir until dissolved. Add raisins, almonds and macaroons or cake. Cool and add vanilla and brandy. Whip egg whites and salt until stiff. Fold into pudding. Put in wet mold and chill well.

NESSELRODE PUDDING (Continued)

Unmold and serve garnished with whipped cream and maraschino cherries. Serves 12.

Sherry Murphy

YUMMY COOKIES

2 eggs	1/2 c. sifted Collins Cookie &
1 c. chopped nuts	Pastry flour
1/4 tsp. salt	1 c. brown sugar

Put egg yolks in bowl and beat until light as down, then add salt and all the nuts and sugar, sweet and brown. Put in the egg whites after that - they must be stiffly beaten. Mix carefully if you expect the cookies to be eaten. Sift the flour and stir it well, then grease the cookie pan, and drop the dough in spoonfuls just as neatly as you can. Leave just about 2 inches between each and every one, then bake about 10 minutes - and your cookies will be done! (350 degrees.)

Mrs. W. H. Davidson

WACKY CAKE WITH BANANA ICING

3 c. sifted Swans Down	2 c. cold water
cake flour	1/2 tsp. salt
2 c. sugar	2 Tbsp. vinegar
2 tsp. soda	2 tsp. vanilla
6 Tbsp. cocoa	10 Tbsp. salad oil

Sift dry ingredients together in bowl. Make 3 wells in flour mixture and put vinegar in one, oil in one and vanilla in one. Pour water over all and mix well with beater. Turn into a greased and floured or wax paper lined 8 x 12 inch pan. Bake 45 minutes at 350 degrees (one half of above recipe makes 8 inch square cake - bake at 350 degrees for 30 minutes).

Banana Icing:

Mash one very ripe banana - the riper the more flavor. Cream 2 tablespoons butter and add 1/2 cup powdered sugar. Add mashed banana and mix well. Add enough powdered sugar to make it spreadable and ice top of cake. A little vanilla may also be used.

Nancy Wasson
Ella Brown
Mrs. Warren Freund

PRONTO PUP BATTER

1 c. Igleheart's Upright all purpose flour	2/3 c. corn meal
2 Tbsp. sugar	2 Tbsp. shortening
1 1/2 tsp. baking powder	1 beaten egg
1 tsp. salt	1 3/4 c. milk

Mix all ingredients together. Dip wieners in batter and fry in deep fat at 375 degrees until golden brown.

Janet Brogoitti

TUNA BURGERS

1 can tuna fish	2 Tbsp. minced green pepper (optional)
3 hard boiled eggs	2 Tbsp. minced stuffed olives (optional)
1/4 c. grated American cheese	2 Tbsp. minced sweet pickle, or use sweet pickle relish
2 Tbsp. minced onion	
1/2 c. mayonnaise	

Mix together and spread in wiener buns. Wrap in foil and bake in 250 degree oven for 30 minutes.

Susie Hart

** EXTRA RECIPES **



Recreation Room - Patio Dining and Group Serving





THE KITCHEN PRAYER

Lord of all pots and pans and things, since I've not time to be
A saint by doing lovely things or watching late with Thee
Or dreaming in the dawn light or storming Heaven's gates

Make me a saint by getting meals and washing up the plates
Although I must have Martha's hands, I have a Mary mind

And when I block the boots and shoes, Thy sandals, Lord, I find
I think of how they trod the earth, what time I scrub the floor

Accept this meditation Lord, I haven't time for more.
Warm all the kitchen with Thy love, and light it with Thy peace

Forgive me all my worrying and make my grumbling cease.
Thou who didst love to give men food, in room or by the sea
Accept this service that I do, I do it unto Thee



RECREATION ROOM, PATIO DINING AND GROUP SERVING

BUN-STEADS

1/2 lb. American cheese (1 c.), cubed	2 Tbsp. chopped onion
3 hard cooked eggs, chopped	2 Tbsp. chopped, stuffed olives
1 (7 oz.) can tuna fish, flaked	2 Tbsp. chopped sweet pickles
2 Tbsp. chopped green pepper	1/2 c. mayonnaise or salad dressing
	6 coneys buns

Combine all ingredients except buns. Mix lightly. Split buns and fill. Place buns in box in which they were packed or wrap in aluminum foil. Place in slow 250 degree oven about 30 minutes or until filling is heated and cheese melts. Serve hot. Fills 6 large buns generously.

Virginia Tubbs

BARBECUE BURGERS

2 Tbsp. cooking oil	1 tsp. chili powder
1 c. water, stock or bouillon	salt and pepper to taste
1/4 c. catsup	1 lb. hamburger
1 c. tomatoes	2 large onions, chopped
2 Tbsp. tapioca	1/2 c. diced celery
soft hamburger buns	1 c. broken pieces of mushrooms

Brown meat, onions, celery and drained mushrooms in oil (use oil as sparingly as possible, removing any extra grease which forms during cooking process, depending on amount of fat in meat). Cover and simmer 15 minutes. Add tapioca and cook until slightly thick (may be cooked in the oven or on top of the stove or electric fry pan). Cover if necessary to stand before serving to prevent from getting too thick. Split buns and brush with garlic butter and toast. Surround bowl of burger mixture with pan of toasted buns and serve. Makes 6 to 8 servings.

Mrs. Earle A. Thompson

HAM LOAF (Serves 100 People)

18 lb. cured ham	5 c. fine cracker crumbs
9 lb. veal	2 qt. milk or more
1 1/2 doz. eggs	1 pt. stuffed olives

Grind meat and add other ingredients. Steam 3 1/2 to 4 hours after water boils. Put wax paper in bottom and tops of 2

HAM LOAF (Continued)

pound coffee cans. Fills nine 2 pound cans.

Hila M. Timm

CHICKEN CORN CASSEROLE (For 25 Portions)

1 c. butter	2 Tbsp. finely chopped onion
2 1/4 c. sifted Igleheart's Upright all purpose flour	1 3/4 qt. chopped, cooked chicken
1 1/2 qt. hot chicken broth	1 1/2 qt. cooked or canned whole kernel corn, drained
1 1/2 tsp. salt	1 1/2 c. grated American cheese
1/2 tsp. pepper	3/4 c. chopped pimienta

Melt butter, blend in flour and stir in broth. Cook until thickened, stirring constantly. Add salt, pepper and grated onion; blend well. Combine sauce, chicken, corn, cheese and pimienta. Place mixture in greased casserole, top with bread crumbs mixed with butter. Bake uncovered at 350 degrees about 20 minutes or until golden brown.

This freezes nicely, but should be cooked 1 1/2 hours at 400 degrees.

Lila Myers

ROUND-UP CHUCKWAGON CASSEROLE (100 Servings)

4 lb. uncooked macaroni	1/2 c. salt (4 oz.)
1 1/2 qt. onions, diced (2 lb.)	2 qt. tomatoes, canned and strained
1 1/2 qt. green peppers, diced (1 lb. 7 oz.)	1 gal. cooked peas (1 #10 size)
10 lb. ground beef	3 qt. whole kernel corn, cooked
1 c. chili powder (4 oz.)	2 qt. (2 lb.) cheese, grated
1/2 c. curry powder (2 oz.)	2 qt. (2 lb.) cheese, grated for topping

Cook macaroni until tender, drain. Saute onions and green peppers in fat until limp, but not brown. Add ground beef, chili powder, curry powder and salt. Continue to cook until meat is well done, stirring constantly. Add strained tomatoes. Simmer about 10 minutes. In well greased baking pans, place alternate layers of macaroni, peas, corn and cheese, making the top layer macaroni. Pour sauce over mixture and top with cheese. Bake in hot 400 degree oven about 30 minutes or until thoroughly heated and cheese is melted.

Bette Hart

Write Extra Recipes Here

Write Extra Recipes Here

CALORIE COUNTERS

BEVERAGES

Carbonated Water	.	xxx c.
Coffee, black, unsweetened	.	xxx c.
Cocoa, All Milk	1 cup	235 c.
Cola Beverages	8 oz.	107 c.
Lemonade	1 sm. glass	75 c.
Tea, plain, unsweetened	1 cup	xxx c.

BREADS, CRACKERS, ROLLS, ETC.

Raisin Bread	1 slice	80 c.
Rye Bread	1 slice	71 c.
Enriched White Bread .	1 slice	60 c.
Melba Toast	1 slice	25 c.
Whole Wheat Bread .	1 slice	55 c.
Baking Powder Biscuits	1 large or 2 small	129 c.
Saltines	1	17 c.
Soda Crackers . . .	1	23 c.
Bran Muffin	1 medium . .	106 c.
Corn Bread	1 small square	130 c.
French Bread	1 small slice	54 c.
French Toast	1 slice	135 c.

CANDIES

Chocolate Bar - Nut	2 oz. bar	340 c.
Chocolate Bar - Plain	2 oz. bar	270 c.
Chocolate Cream . .	1 oz. . . .	110 c.
Mints	5 very small	50 c.
Popcorn, Plain . .	1 cup . . .	54 c.
English Toffee . .	1	25 c.

CEREALS

Corn Flakes	1 cup	96 c.
Cream of Wheat	1 cup	120 c.
Oatmeal	1 cup	148 c.
Shredded Wheat, biscuit	1 .	100 c.
Sugar Krisps	3/4 cup	110 c.

DAIRY PRODUCTS AND EGGS

Butter or Oleomargarine	1 level Tbsp.	100 c.
American Cheese	1 cube 1 1/8 inch	100 c.
Cream, light	1 Tbsp.	30 c.
Cream, whipped	1 Tbsp.	25 c.
Eggs, boiled	1 medium	77 c.
Eggs, fried	1 medium	110 c.
Egg white	1	15 c.
Egg yolk	1	61 c.
Buttermilk	1 cup	86 c.
Whole Milk	1 cup	165 c.

DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake - 2 layers	average slice	356 c.
Cupcake, plain	1	131 c.
Fruit Cake	average slice	105 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Ice Cream	1/2 cup	200 c.
Vanilla Ice Cream	1/2 cup	150 c.
Lemon Ice	1/2 cup	117 c.
Chocolate Eclair, custard	1 small	250 c.
Cream Puff	1	296 c.
Apple Pie	1/6 of pie	331 c.
Berry Pie - all kinds	1/6 of pie	340 c.
Custard Pie	1/6 of pie	266 c.
Pumpkin Pie	1/6 of pie	265 c.
Bread Pudding	1/2 cup	150 c.
Jello - all flavors	1/2 cup	78 c.

FISH AND SEAFOODS

Haddock, baked	1 fillet	158 c.
Halibut, broiled	4 oz. steak	207 c.
Lobster, baked or broiled	average	308 c.
Oysters, fried	6	300 c.
Perch, fried	3 oz.	195 c.
Salmon (canned)	3 oz.	122 c.
Scallops, fried	3 or 4	295 c.
Shrimp, fried	3 jumbo	250 c.
Trout (brook), broiled	4 oz.	216 c.
Tuna (canned)	3 oz., drained	169 c.

FLOUR FOODS

Dumplings	1	70 c.
Macaroni and Cheese	1 cup	475 c.
Noodles (cooked)	1 cup	200 c.
Pancakes (wheat)	1 (4-inch)	60 c.
Waffles	1	216 c.

FOWL

Chicken, fried	1 small thigh or leg	64 c.
Chicken, fried	1 piece breast	210 c.
Turkey, roast	1 slice	100 c.

FRUIT

Apple (raw)	1 large	117 c.
Banana	1 large	119 c.
Cantaloupe	1/2 melon	37 c.
Cranberries (sauce)	1 cup	54 c.
Dates	3 to 4	95 c.
Grapefruit (unsweetened)	1/2	104 c.
Oranges	1 medium	70 c.

MEAT

Bacon (crisp)	2 slices	95 c.
Hamburger	1 patty (3 oz.)	245 c.
Beef Roast	3 oz.	110 c.
Round Steak (lean)	3 oz.	197 c.
Ham, Baked	1 piece	100 c.
Meat Loaf	1 slice	264 c.
Pork Chop	1 medium, lean	120 c.
Spareribs	1 piece, 3 ribs	123 c.
Frankfurter	1	155 c.

SALADS (Without Dressing)

Apple & Carrot	1/2 cup	100 c.
Cole Slaw	1 cup	102 c.
Fruit Gelatin	1 square	139 c.
Potato	1/2 cup	184 c.
Tomato and Lettuce	average helping	35 c.
Waldorf	1/2 cup	140 c.

SALAD DRESSINGS

Boiled Dressing	1 Tbsp.	28 c.
Commercial Dressing, mayonnaise type.	1 Tbsp.	58 c.
French Dressing	1 Tbsp.	60 c.
Mayonnaise	1 Tbsp.	110 c.
Thousand Island	1 Tbsp.	75 c.

SOUPS AND CONSOMMES

Bean	1 cup	191 c.
Bouillon	1 cup	10 c.
Potato	1 cup	185 c.
Tomato (clear)	1 cup	90 c.
Vegetable	1 cup	82 c.

VEGETABLES

Asparagus (canned)	1 cup, cut spears	38 c.
Beans (baked)	1/2 cup	325 c.
Green Beans	1 cup	45 c.
Cabbage (raw)	1 cup	24 c.
Carrots (fresh)	1 cup	21 c.
Corn (on cob)	1 ear	85 c.
Lettuce	1 large head	68 c.
Peas (canned)	1 cup	170 c.
Potatoes (French fried)	8 pieces	157 c.
Potatoes (mashed)	1 cup	145 c.
Sweet Potatoes, baked	1 small	155 c.
Radishes	4	10 c.
Sauerkraut	1 cup	30 c.
Spinach	1 cup	46 c.
Tomatoes (raw)	1	30 c.
Tomatoes (stewed)	1 cup	50 c.

SUGARS

Beet	1 Tbsp.	48 c.
Brown	1 Tbsp.	51 c.
Cane (granulated)	1 Tbsp.	48 c.
Powdered	1 Tbsp.	31 c.

JUICES

Grape Juice	1 cup	165 c.
Grapefruit Juice, canned	1 cup unsweetened	95 c.
Orange Juice, frozen, diluted	1 cup	105 c.
Pineapple Juice	1 cup	120 c.
Tomato Juice	1/2 cup	50 c.

NUTS

Almonds (salted)	12 to 15	93 c.
Cashew	6 to 8	88 c.
Coconut (shredded)	1 cup	344 c.
Peanuts, Spanish	10	50 c.
Pecans	6	104 c.
Walnuts	8 to 10	100 c.

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